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# vegetarian

## LIVING

EVERYDAY EATING

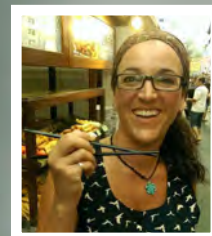
## FRESH FLAVOURS

HEALTHY SUPPERS FOR HEARTY APPETITES!

### NEW SKILL ✓

How to make your own nut butter

50  
MEAT-FREE  
RECIPES  
38  
DAIRY-FREE  
IDEAS



### HAVE TOFU, WILL TRAVEL

Jackie Kearney's Asian street food adventure



VIETNAMESE  
NOODLE BOWL

## Pie and a pint

REINVENT GASTRO PUB CLASSICS  
FOR EASY MEALS AT HOME

## VEGAN INSPIRATION

NO DAIRY, NO PROBLEM! TRY  
ÁINE CARLIN'S BRILLIANT IDEAS



### DONAL SKEHAN

Deliciously balanced recipes from Ireland's popular TV chef



### PANCAKE MAGIC

Try a Mexican twist on the traditional Shrove Tuesday treats



### RACHEL DEMUTH

Bridging the hunger gap with the stars of your storecupboard



**PLUS:** Fairtrade matters | Skinny soups | Ethical entertaining



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# Welcome

By February, after seemingly interminable winter months and short, grey days, we need a reminder that spring is tantalisingly close. This time of year is often known as the hunger gap because the variety and availability of seasonal produce is so limited, but with a flash of deep green kale on a potato pizza (page 20), a bright burst of purple beetroot burgers (page 77) and the warming orange of sweet potato soup flecked with pomegranate jewels (page 56), we've proved that February's food can still be fresh and vibrant.

While Rachel Demuth reveals the secret storecupboard ingredients that will add a much-needed zing to your late-winter cooking, Liz Martin converts gastro pub favourites into easy midweek meals, and to help you keep your healthy new year resolutions on track, we're offering lighter dishes that are still satisfying for those with hearty appetites and some deliciously slimming soups, the ideal switch for sandwiches at lunchtime.

Elsewhere we catch up with keen traveller, food writer and former *MasterChef* contestant Jackie Kearney and discover her Asian-inspired tofu dishes to try at home (page 50). Jackie's recipes evoke the sights and smells of the bustling markets and street food vendors in cities like Bangkok and Kuala Lumpur, and her dishes may even stir your own wanderlust – perhaps February is the perfect month to book your next escape?

See you in spring!

Lindsey Harrad, Editor

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## EDITOR'S PICK



### New skill

Making your own all-natural nut butter is so easy

PAGE 90



### Bright stars

Try Rachel Demuth's beetroot and apple latkes

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### Fairtrade matters

Why ethical shopping is still top of the agenda

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## APPEARING THIS ISSUE...

© JASON ROBBINS



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ÁINE  
CARLIN

'With spring looming I can't help but think I should be getting myself somewhat in shape and that usually means bringing out the big guns – namely kale, cavolo nero, spinach and rocket, and preferably all at once'

© LEE JAMES



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JACKIE  
KEARNEY

'We went to Singapore, Malaysia and Thailand at Christmas last year, and it just reminded me how much I enjoy travel, and it keeps my food fresh and exciting too'

© SOFIE LARSSON



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DONAL  
SKEHAN

'I take my time to cook and I take my time to eat. These "rules" allow me to stay true to what I believe good home cooking to be'



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PHOTOGRAPH: RUS AND ROGER ALLEN



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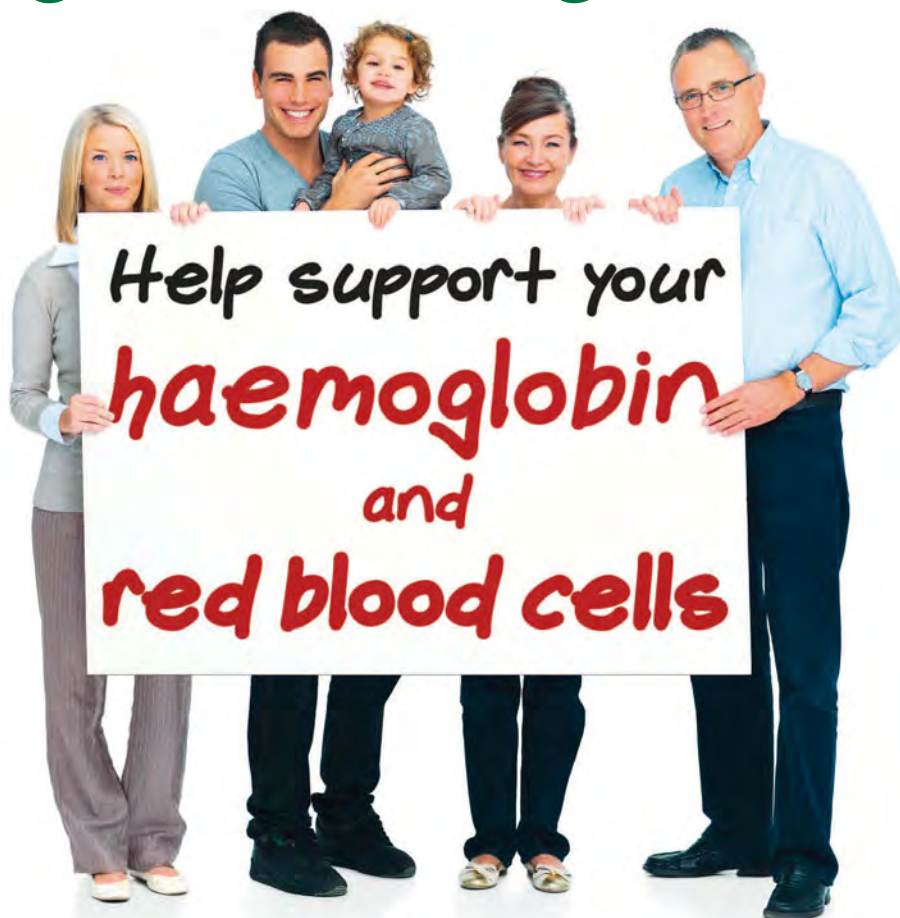
California dreaming in the city of angels

Suppliers don't just want a Fairtrade stamp, they want partnerships that have real impact

TIM ALDRED,  
FAIRTRADE MATTERS, PAGE 44



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\*(IRI value data, 52 w/e 6th Sept, 2014).



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## Sweet thing

Handmade in Melbourne, Australia, Pana chocolate contains only natural raw ingredients and pure essential oils, with flavours such as sour cherry and vanilla, or coconut and goji. Gluten-free, vegan-friendly and sweetened only with agave and coconut nectar, this is a chocolate treat that's nice but not so naughty.

I Love You gift pack, £13.90 from [www.panachocolate.com](http://www.panachocolate.com)



EDITOR'S PICK



## Fabulous fizz

Get the evening off to a great start by popping open a magnum of Prosecco. This vegan-friendly Italian sparkler is crisp and lively with fresh floral aromas and zingy lemon, grapefruit, pear and green apple flavours.

£20 from [www.marksandspencer.com](http://www.marksandspencer.com)

## LOVE TOKENS

Inspired by Valentine's Day, choose gifts perfect for the romantically inclined.



## Rise & shine

We love this duo of drinking jars, perfect for serving 'his and hers' smoothies for breakfast in bed, or a cute Valentine surprise for the kids, perhaps?

£10 for two, from Sainsbury's Home



## Love cheese?

The Amore cheese knife is a stylish and practical gift for a cheese enthusiast or anyone who finds traditional Valentine gifts a bit, well, cheesy...

£12.50 from [www.annabeljames.co.uk](http://www.annabeljames.co.uk)

## Lots of lolly

These adorable heart-shaped sugar lollies by Victoria Sophie Joy Etc can be personalised with initial tags - why not get one for everyone in the family?

From £1.45 at [www.notonthehighstreet.com](http://www.notonthehighstreet.com)



## Have a heart

Present cheeses, bread or nibbles for your romantic meal on a heart-shaped board, which comes with a choice of orange or pink edging.

£18.50 from [www.redcandy.co.uk](http://www.redcandy.co.uk)



## Raise a glass

If you've bought a decent bottle of fizz, serve it in the style it deserves with these contemporary-designed handmade Champagne flutes.

£55 a pair from [www.black-by-design.co.uk](http://www.black-by-design.co.uk)



## Baking beauties

A Valentine heart biscuit cutter is perfect for children to join in the fun and make edible gifts for friends or parents - or even their first crush!

£2.95 from [www.dotcomgiftshop.com](http://www.dotcomgiftshop.com)



## By candlelight

If you're looking to create a special mood, this pair of gold loveknots tea-light holders from Vera Wang for Wedgwood would make a sensational table setting. A great engagement or wedding gift too.

£50 a pair from [www.amara.com](http://www.amara.com)



# newshoots

ALL THE LATEST VEGETARIAN AND VEGAN LIFESTYLE NEWS AND PRODUCTS, PLUS WINE, EVENTS AND MUCH MORE...



## What's kohlrabi?

### NEW SURVEY REVEALS UK LACKING IN VEGETABLE KNOW-HOW

It's fair to say that veggies and vegans are likely to be more savvy than most when it comes to identifying weird and wonderful vegetables, especially as many of us will eat far more fruit and veg than the recommended five-a-day.

But a new survey has revealed that many people in the UK have an issue identifying and including vegetables in their everyday diets. The survey, conducted by electrical retailer AO.com, revealed that 73 per cent of people failed to identify rhubarb as a vegetable, while only 36 per cent knew that kohlrabi was a root vegetable. The survey also revealed that 56 per cent of people wished they knew how to do more with vegetables in the kitchen.

Inspired by their findings, AO.com has launched a new vegetable cookbook designed to get more people to include vegetables as part of their everyday meals. The interactive cookbook features information on how to prepare and cook different vegetables, from artichokes to fennel, along with easy and delicious recipe ideas.

Lyndsey Evan, head of communications at AO.com, commented on the thinking behind the piece: 'Our survey revealed that 56 per cent of people wished that they knew more about how to cook vegetables, so we decided to try to help solve that

problem. The Vegetable Cookbook is an interactive portal designed to give the public a wide range of recipes and cooking ideas, to prove that cooking with vegetables needn't be a chore or one-dimensional. It can actually be a tasty and healthy way to enhance some of your favourite meals.'

● Take a look at the *Vegetable Cookbook* at [www.ao.com/life/kitchen/kitchen-tips/vegetable-cookbook](http://www.ao.com/life/kitchen/kitchen-tips/vegetable-cookbook).

### VEGGIE SURVEY FACTS

42% of people have been put off buying vegetables in the past because of their price tag.

60% of people are spending less than £10 a week on vegetables.

39% of people believe schools aren't doing enough to promote healthy eating and nutrition.

71% of people thought that peppers were vegetables. They're not.

49% of 16-24-year-olds did not know how many portions of fruit and veg were recommended per week.

A medium-roast Latin American blend, Taylors of Harrogate Fairtrade & Organic Good Morning Ground Coffee helps to fund many Fairtrade projects.

**£3.89 from**  
[www.ocado.com](http://www.ocado.com)



It's not just about coffee – enjoy a fairer cup of tea with Clipper Fairtrade Organic Speciality English Breakfast Teabags.

**£2.40 from**  
[www.ocado.com](http://www.ocado.com)

## A FAIR BREAK

SUPPORT ETHICAL PRACTICES FOR PRODUCERS AROUND THE GLOBE BY SWITCHING YOUR USUAL HOT DRINKS AND SNACKS FOR FAIRTRADE BRANDS.

Relaunching in January with new-look packaging, Traidcraft's chewy cereal-based Geobars are the perfect guilt-free mid-morning snack.

**£2.10 from Waitrose**



## NURTURE A NEST SITE

National Nest Box Week runs 14-21 February every year, and is an initiative run by the British Trust for Ornithology. Whether you're a family with space for a box in your garden, a teacher, a member of a local wildlife group, or you belong to a bird club and could organise a work party, National Nest Box Week gives you the chance to contribute to the garden bird conservation effort in the UK, while giving you the pleasure of observing any breeding birds that you attract to your garden.

● Find out how to make your own bird box and where to put it at [www.bto.org/about-birds/nbnw](http://www.bto.org/about-birds/nbnw).





## MY VEGGIE LIFE

### Lorraine Burbage

#### *Tell us about your life...*

I live in Sheering, Essex, and currently work for the customer fulfilment team at Tesco HQ in Welwyn Garden City. I'm also in training for the next triathlon season, and taking part in the Lidl Kingston Breakfast Run in April. It's the perfect pre-season challenge for me and great preparation for my half Ironman triathlon this June.



#### *How long have you been vegan?*

I've been vegan for nearly three years. It's my way of showing respect for every living creature.

#### *Do you think being vegan is an advantage in your training?*

It's definitely given me an edge. I can train more frequently and for longer and need less recovery time. I have much more energy and stamina, I never suffer from blood sugar swings or digestion issues, and my weight remains constant. My next ambition is to tackle an Ironman triathlon solely fuelled by a plant-based diet.

#### *What's your go-to vegan supper?*

My favourite dinner is quinoa with roasted butternut squash, avocado and shredded beetroot. I could eat that every day!

#### *What about snacks for training?*

For longer events I eat dates, as these help prevent cramp when swimming. I'm a big fan of nuts too and have these for a post-training snack.

#### *Being vegan makes me feel...*

Like I'm making the right choice. I love animals and don't believe we have the right to eat them. And it makes me feel great on the inside, too.

● The Lidl Kingston Breakfast Run takes place on 3 April. To sign up, visit [www.humanrace.co.uk](http://www.humanrace.co.uk).



## NEW VEGAN RESTAURANT FOR GIVE KITCHEN

Give Kitchen was launched in June this year by co-founders Paul Hampson and Dario Curcillo, who recognised a growing, yet unfulfilled demand for accessible and affordable, fresh and nutritious vegetarian, vegan and plant-based wholefood delivered to your door. Following the growing success of their online delivery service, the company is now opening Liverpool's first vegan-only restaurant plus organic shop on Harrington Street, Brunswick Dock.

The Give Kitchen restaurant, designed by Blok Architects, will serve delicious plant-based meals, free from any animal-derived products, created with the highest quality, fresh and natural ingredients. The restaurant will also act as an 'Inspiration Centre', to educate visitors about the environmental and sustainability issues around animal agriculture, along with promoting the amazing benefits of adopting a healthy plant-based diet.

Paul and Dario have also made a commitment to being a 'one for one' giving company, pledging that 'for



every meal you buy, we will feed a starving person'.

Dario says: 'We are really excited to launch our new venture, and for the chance to offer a wide range of delicious, plant-based, wholefood meals, bursting with flavours from around the world. We want our visitors to leave feeling fulfilled, inspired and full... and looking forward to coming back!'

● Find out more about the new restaurant and online deliveries, at [www.givekitchen.com](http://www.givekitchen.com).

# GIVE.

## DATES FOR THE DIARY

### 17–20 February

#### CAMRA NATIONAL WINTER ALES FESTIVAL

An unmissable annual event for real ale enthusiasts at The Roundhouse, Derby's beautifully refurbished historic venue, the festival features real ale from all over the country. The circular Roundhouse will have stillage all around it, serving real ale, cider, perry, continental beer and mead, with entertainment from live bands.

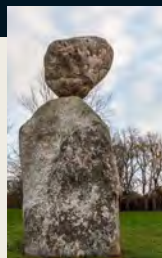
[www.nwaf.org.uk](http://www.nwaf.org.uk)

### Until 21 February

#### WINTER SCULPTURE EXHIBITION

There's still time to visit the Winter Sculpture Exhibition at Rosemoor in Devon, the Royal Horticultural Society Garden. It features an exciting and eclectic mix of sculptures spread across the garden and there are guided walks from the visitor centre most Wednesday mornings.

[www.rhs.org.uk/rosemoor](http://www.rhs.org.uk/rosemoor)



### 1–28 February

#### EXMOOR FOOD FEST

A month-long range of events celebrating local food and drink at locations across the region, culminating in a two-day food extravaganza in Dunster. Street food traders and local producers will have stalls around the town, while during the festival restaurants across the region will be offering special menus (two courses for £10, three for £15) and encouraging foodies to collect stamps in their 'Taste of Exmoor' passports for a chance to win a hamper of local food goodies!

[www.exmoorfoodfest.com](http://www.exmoorfoodfest.com)



## KETCHUP THAT'S HARD TO BEET

As the founders of a new artisan food business, friends Frankie Fox and Desiree Parker still get a thrill when they go into an independent shop and see their product on the shelf. 'We call them "shelfies"!'

laughs Frankie, who first came up with the idea for a new kind of ketchup. 'I have a vegetable garden and when there was a glut of beetroot and apples one year, we just started messing around in the kitchen with them,' recalls Frankie. 'I knew the kids wouldn't eat chutney, so how hard could a ketchup be to make? Beetroot are naturally sweet, as are apples – a natural combination to make ketchup!'

Over the next three years, Frankie tinkered with her invention at every available opportunity, gradually refining the recipe and testing samples on friends and family, until they persuaded her to give the business a shot. In her previous life, she had a career with an accountancy firm in the City before taking some time off to spend with her children, while Desiree had worked

in the City for 20 years, before going into partnership with Frankie to launch The Foraging Fox. 'We work together intuitively, which makes it easy,' says Desiree. 'We also both share a strong work ethic and can put our egos aside and get on with whatever needs doing. This is essential in building a business from scratch.'

Marketing an alternative to the traditional and much-loved tomato ketchup is a bold move, so how does beetroot ketchup compete? 'We think our ketchup offers something fresh in an otherwise conventional product set,' says Desiree. 'Many people have tried to come up with something that's a different take on the original tomato ketchup, but we've used an entirely new ingredient as the basis for it. Additionally, beetroot is a superfood – each bottle is packed with vitamins, minerals and antioxidants. Our beetroot ketchup is all-natural, vegan and gluten-free, but equally important, it tastes great too!'

Frankie agrees. 'Most ketchups are full

of unnecessary additives, refined sugar and thickeners. It was always my intention to produce recipes that use only natural ingredients. Beetroot also has a really fantastic flavour that complements so many different foods.' It's the perfect accompaniment for veggie burgers and chips, of course, but The Foraging Fox team also recommends serving it with scrambled eggs, adding it to salad dressings, using it as a base for soup or risotto, or even as a marinade.

Being listed with Ocado has marked a turning point in the business, and we can soon look forward to new products from The Foraging Fox kitchen. 'Our Hot Beetroot Ketchup, which contains both chilli and horseradish, has just started to land on shop shelves,' says Frankie. 'There are plans for a third incarnation which will be available in time for the barbecue season, so we're keeping our fingers crossed for a long, hot summer!'

● Find out more at [www.foragingfox.com](http://www.foragingfox.com).

## TASTE TEST...

### Raw cacao treats

Raw cacao is high in antioxidants and gives everything from smoothies to porridge a rich chocolatey taste.

#### 1 Aduna Super-Cacao

This pure, vegan cacao powder is the first to have an EU-approved claim supporting the product's benefits to heart health – take just two teaspoons a day to enjoy the benefits.

● £7.99 for 100g from Holland & Barrett or online at [www.aduna.com](http://www.aduna.com).



#### 2 Ombar Raw Cacao Centres

This luxurious Ombar Centres dairy-free raw cacao chocolate comes in coconut and vanilla, or raspberry and coconut flavours, perfect for indulging or gifting.

● £1.99 from Planet Organic or Whole Foods Market.



#### 3 Raw Health Cacao Brazilnut Bliss

Perfect for teatime treats, this organic raw chocolate spread is made from cacao, brazil nuts and agave nectar, for a healthier alternative to additive-filled brands.

● £4.49 from [www.ocado.com](http://www.ocado.com).



# In our trolley

THE VEG LIVING TEAM'S FAVOURITE PRODUCTS...

## GREEK-STYLE DELIGHTS

Rachel's, the organic yogurt brand, is launching a range of creamy, silky-smooth 0% fat Greek-style yogurts. The Blueberry, Peach & Passion Fruit and Lemon & Ginger flavours are perfect for keeping your healthy regime on track! For a more luxurious treat, the new Greek Style Banana & Dulce de Leche yogurt can be enjoyed as it is, or served with cake for a decadent dessert.

All Rachel's yogurts are made using the finest organic ingredients, locally sourced organic milk and no artificial colourings, flavours or preservatives.

● Available from February, priced at £1.99 for a 450g pot.



## PERFECT PAIRINGS

If you're dining in on Valentine's Day, try a romantic rosé to impress your sweetheart...

**Stellar Organics Running Duck Rosé**   
£7.99, [www.saxtyswines.co.uk](http://www.saxtyswines.co.uk) or [www.simplythankyou.com](http://www.simplythankyou.com)

This organic rosé has an attractive and authentic pink colour, while the nose shows the ripeness of the young Shiraz with strawberry and Kir Royale notes.

**Fantinel One & Only Rosé Spumante**  
£11.99

[www.exelwines.co.uk](http://www.exelwines.co.uk)

This medium-bodied rosé brut is bursting with juicy cranberry and strawberry notes. The palate is pleasantly dry with a persistent mousse and long finish.

**Finest Rosé Champagne**  
£20, Tesco

Made by one of Champagne's oldest houses exclusively for Tesco, this is a delicate blend of Chardonnay, Pinot Noir and Pinot Meunier. Finely tuned, with crisp citrus and redcurrant fruit flavours, this is a classic, elegant pink fizz.

**Gruet Rosé Champagne**  
£29, [www.simplythankyou.com](http://www.simplythankyou.com)

With a lovely salmon pink colour, this sparkling Champagne rosé is crisp and refreshing, leaving delightful bursts of pomegranate and spice flavours on the palate.

**Oudinot Medium Dry Rosé**  
£27, M&S

A rich and full-flavoured medium dry Champagne with aromas of peaches and cream and toasted brioche, this style of Champagne is a little sweeter than traditional brut, making it perfect as an aperitif for a special evening.



## CLEVER QUINOA

Hale & Hearty have launched a range of products that prove just how versatile quinoa is. The new foods include an organic gluten-free and vegan four-grain pancake mix that also contains golden flax seed for an omega-3 boost.

We also like the Penne Pasta, made using authentic Italian methods, which combines quinoa and corn for a vegan, gluten-free alternative that tastes just as good as traditional pasta.

● Hale & Hearty Organic Corn & Quinoa Penne, £2.62, and 4 Grain Pancake Mix, £3.49, available from [www.natreco.com](http://www.natreco.com).



## Talk show tippie

Chat show host Graham Norton has collaborated with New Zealand winery Invivo to personally blend his own Sauvignon Blanc 2015, with all proceeds going to one of his favourite UK charities, Dogs Trust. Graham's zesty and succulent wine has already won a double gold medal and three silver medals at international wine competitions, including the prestigious International Wine and Spirit Competition.

Keen for Graham to have full control over the finished wine, Invivo's chief winemaker, Rob Cameron, comments: 'Graham knows wine. So this year we put



him in the driver's seat. That involved flying our entire wine blending set-up to London, so Graham could blend his own wine from scratch. We've never tried anything like this before.'

● The wine is available at Majestic stores and currently on promotion at £8.99.

## A FAIRER BISCUIT

If you're partial to a nice oaty biscuit with cheese, hummus, or even to serve with soup, Traidcraft has launched the UK's first ever Fairtrade savoury biscuits, in Mature Cheddar Cheese and Black Pepper & Poppy Seed flavours.

The high quality ingredients include Fairtrade rice flour, pepper and organic palm oil. These are the first biscuits to use the company's pioneering FairPalm palm oil, which is sourced from smallholders in Ghana who are paid fairly and use sustainable methods.

● £2 per box from [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk) or from Traidcraft stockists.



## FLIPPING FAST PANCAKES

For a super-fast solution to your pancake-making marathon on 9 February, pick up a handy bottle of Two Chicks Pancake Mix and it can be ready in minutes after the school run. With fresh free-range liquid egg in the bottle base and flour mix in the lid, all you have to do is combine them together in the bottle, shake for 10–20 seconds, rest for a minute and then pour into a pan – flipping essential, of course!

● *Two Chicks Pancake Mix makes 8–10 pancakes and costs £4 from Tesco.*



Karin Ridgers,  
passionate vegan  
presenter and founder  
of VeggieVision TV,  
reveals what she's  
loving this month...



## My new favourite thing

I'm still glowing after VeggieVision Dating was nominated as a finalist in this year's UK Dating Awards. We were something of an underdog going up against all of the 'big boys' in the dating industry, and we actually got a huge cheer when our name was announced!



Charly Lester, the founder and CEO of the UK Dating Awards, said of VeggieVision Dating: 'It's great to see a vegetarian dating website making the shortlists because being a vegetarian is such a defining aspect of someone's personality, and often a very important shared belief in a relationship.'

Although we didn't come first this year, we still feel like winners! It was wonderful to represent single vegetarians and vegans at such a prestigious event, and for vegetarian and vegan dating to be taken seriously.

If you're looking for love with a like-minded veggie or vegan, you can sign up for free at [www.veggievisiondating.com](http://www.veggievisiondating.com). It costs £69.99 to then become an active member.

● *For cookery, celebrities and news, visit [www.veggievision.tv](http://www.veggievision.tv).*

## A greener clean

This spring, are you willing to blitz your house using only natural, environmentally friendly products? Although there are many chemical-based cleaning materials on the market, there are also a growing number of eco-friendly options available.

'Natural solutions have been used for many years, well before the mainstream sprays and chemicals,' say the team at Suma Wholefoods. 'Many people believe that all you need for a sparkling house is bicarbonate of soda, lemon juice and vinegar. A simple mixture of these ingredients can be used in kitchens and

bathrooms, and throughout the home.'

However, if you'd prefer ready-made products, brands like Ecolab and Bio-D offer plant-based cleaning alternatives. The ranges are vegan, cruelty-free and produced in the UK, and include toilet cleaner, multi-surface cleaner, washing-up liquid and hand soap.

There are also recycled and Fairtrade options for cleaning equipment, such as scourers, sponges and clothes pegs, and the Ecoforce brand offers a great range to choose from.

'There are countless options for you to choose



easy switches to help make your spring cleaning more eco-friendly. We believe it's possible to have effective, natural cleaning products that are safe and don't cost the earth.'

## LIVE LIFE ON THE VEG

Marks & Spencer has launched its largest ever collection of healthy veg-packed dishes. With the growth of interest in spiralised vegetables, M&S has produced convenient packs of Courgette Spaghetti, Butternut Squash Noodles and Sweet Potato Tagliatelle (£2 per pack), perfect for those who like a lower-carb option but don't have time to spiralise.

The vegetarian ready-meal offerings have also been revamped, and new dishes added to the range include Spaghetti & No-Meat Balls and Meat-Free Cottage Pie, plus Super Aubergine & Herby Grains, and Super Carrot and Four Grain Pilaff (£3).

● *All products are available at [www.marksandspencer.com](http://www.marksandspencer.com).*







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## Udo's Choice



# Delicious in February

In the last month of winter, it's time to indulge in those cold weather comforts before spring brings cravings for fresher flavours.

Nothing beats a bowl of mash, a hearty pie packed with winter root veg or a steaming, creamy soup. But don't forget to whip up a batch of pancakes for Shrove Tuesday too...

## We ♥... kale

A relative of the cabbage, kale's unprepossessing crinkly leaves are a nutrient-rich flavour saviour in everything from soup to stir-fries and even smoothies, imparting a rich colour and earthy flavour to a variety of dishes.



**Pesto** Switch traditional basil for kale to make a milder-flavoured pesto. Pop 100g toasted pine nuts, 100g vegetarian Parmesan-style cheese, 3–4 cloves of garlic, 100g kale and the juice of 1 lemon in your food processor. Add 100ml extra-virgin olive oil and blitz until smooth.

**Colcannon** Create a new-style version of this classic side dish by stirring steamed kale and stir-fried leek into a creamy seasoned mash. Serve with veggie sausages.

**Risotto** Kale works well in a risotto with everything from mushrooms to butternut squash or tomatoes, adding a bright flash of green to the final dish. Blanch the kale and add to your risotto 10–12 minutes before the rice is cooked.



Turn the page for more delicious kale recipes >>





JERUSALEM  
ARTICHOKE,  
FARRO AND  
HAZELNUT  
SALAD

WINTER  
SALAD

## Jerusalem artichoke, farro and hazelnut salad

Farro has a beautiful nutty flavour and becomes tender quickly but avoids turning mushy. It is ideal for a warm salad with a sharp oily dressing and soft, rich artichoke topped with poached egg.

### Serves 4

Prep 20 mins

Cook 40 mins

200g semi-pearled farro  
500g Jerusalem artichokes, scrubbed clean but not peeled, each cut in quarters  
2 tbsp olive oil  
50g baby spinach leaves  
1 small red onion, finely sliced  
50g hazelnuts, toasted and roughly chopped  
4 medium free-range eggs  
1 tsp red chilli flakes, for sprinkling  
salt and freshly ground black pepper

### For the dressing:

juice of ½ lemon  
2 tbsp cider vinegar  
50ml extra-virgin olive oil  
2 tsp coriander seeds, crushed with a pestle and mortar

**1** Tip the farro into a medium saucepan and cover with 5cm of water. Bring to the boil, reduce the heat and continue to cook over a low heat for about 30 minutes until the farro is tender. Drain and set aside.

**2** Meanwhile, preheat the oven to 200C/fan 180C/gas 6. Place the artichokes on a roasting tray, drizzle with the olive oil and season with salt and pepper. Bake in the oven for about 30 minutes until soft and cooked through.

**3** Make the dressing by combining the lemon juice, vinegar, oil and coriander seeds and pour this over the cooked farro. Stir through the spinach, red onion and 25g of the chopped hazelnuts. Finally, add the artichoke.

**4** Bring a wide saucepan of water to the boil. Poach the eggs gently in the water for a couple of minutes until softly set.

**5** Taste and add more seasoning to the salad if necessary. Serve your farro salad warm, topped with the poached eggs, the remaining hazelnuts and a sprinkling of chilli flakes.

■ PER SERVING 550 cals, fat 31.5g, sat fat 4.5g, carbs 53g, sugars 5g, protein 17.5g, salt 1.3g, fibre 10g

### govegan

**V** This salad is just as wholesome without the egg, so simply serve the dish without.



Recipe adapted from *Take One Veg*, by Georgina Fuggle (Kyle Books, £15.99). Photography by Tori Hancock.

# Your February larder

**FRUIT** Bananas (Windward), blood oranges, clementines, kiwi fruit, lemons, oranges, passion fruit, pineapple, pomegranate, rhubarb (forced), satsumas, tangerines

**VEGETABLES** Beetroot, Brussels sprouts, cauliflower, celeriac, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, purple sprouting broccoli, salsify, shallots, swede, truffles (black) and turnips



## SEASONAL STAR

# JERUSALEM ARTICHOKE

It has no connection to Jerusalem, it isn't related to other artichokes, and frankly it's a bit knobbly and odd-looking, but Jerusalem artichokes are one of our most delicious yet under-rated veg – and they are in season now.

With a sweet, nutty flavour that tastes a little like water chestnuts, they can be used both raw or cooked, in everything from soups to salads and stir-fries, and they also pair beautifully with cream and cheese in baked gratins.

Jerusalem artichokes are meant to be knobbly, but when buying avoid any with soft spots, wrinkles or sprouting – fresh ones will keep for a couple of weeks in the fridge. You can peel or not peel, it's down to personal preference, but the skin offers extra nutritional benefits and can simply be scrubbed clean and left on.

If you're new to using them, they can be roasted, steamed, boiled or sautéed just like potatoes, or simply slice raw into salads. A good squeeze of lemon in your salad dressing or cooking water can prevent discolouration of peeled pieces too.

Delicious and versatile they may be, but it's worth remembering that Jerusalem artichokes have a high inulin content which has prebiotic benefits for digestive health – but which also means they have a tendency to cause wind! If you're not used to eating them, it's best to introduce them into your diet gradually to get used to the potential side effects...





## Smoked cheese potato cakes with crispy kale

If possible, use a naturally smoked Cheddar in the potato cakes, rather than a smoke-flavoured one, which can lack the intensity of flavour and requisite dry texture. The smoked garlic embellishes the overall smokiness of the potato cakes, but you could use regular garlic instead.

**Serves 4 | Prep 20 mins**

**Cook 50 mins**

750g white potatoes, peeled and quartered  
 1½ tbsp butter  
 4 handfuls of cherry tomatoes  
 olive oil, for frying, plus extra for brushing and drizzling  
 4 large handfuls of curly kale, tough stalks discarded, torn into large bite-sized pieces  
 3 smoked cloves garlic or regular garlic  
 100g grated smoked vegetarian Cheddar cheese  
 2 hard-boiled free-range eggs, peeled and grated  
 4 tbsp capers, rinsed, patted dry and roughly chopped  
 1 large handful of chopped flat-leaf parsley leaves  
 flour, for dusting  
 sea salt and freshly ground black pepper

**For the caper mayonnaise:**

6 tbsp mayonnaise  
 juice of ½ lemon  
 1 tbsp drained capers, rinsed, patted dry and finely chopped  
 1 tbsp nori flakes or 2 tbsp finely chopped flat-leaf parsley leaves

**1** Preheat the oven to 190C/fan 170C/gas 5. Cook the potatoes in plenty of boiling salted water for 12–15 minutes, or until tender. Drain and return the potatoes to the hot pan to dry briefly. Leave until cool enough to handle and coarsely grate into a large mixing bowl. Mix in the butter.

**2** While the potatoes are cooking, brush the tomatoes with oil, place in a roasting pan, season with salt and pepper, and roast for 20 minutes, or until softened and starting to blacken, then leave to one side.

**3** Reduce the oven to 150C/130C/gas 2. Toss the kale in a little oil, season with salt and pepper, and place in the roasting pan in an even layer. Roast the kale for 10–15 minutes, turning once, until crisp. Keep an eye on it as it can easily burn.

**4** Meanwhile, blanch the smoked garlic in a small pan of simmering water for 2 minutes until softened. Drain and roughly chop, then gently fold into the potatoes with the Cheddar, eggs, capers and parsley and season with salt and pepper to taste.

**5** Cover a plate with flour and form the potato mixture into 8 thick cakes, about 8cm in diameter. Lightly dust each potato cake in flour. Heat enough oil to generously cover the base of a large non-stick frying pan and fry the potato cakes in two batches for 3 minutes on each side, until crisp and golden. Drain on paper towels and keep warm in the bottom of the oven with the tomatoes.

**6** While the potato cakes are cooking, mix together all the ingredients for the caper mayonnaise. Serve the potato cakes with the roasted tomatoes and crispy kale, and with the caper mayo by the side.

■ PER SERVING 827 cals, fat 66g, sat fat 14.5g, carbs 43g, sugars 6.5g, protein 16.5g, salt 2.3g, fibre 7g

Recipe adapted from *The Part Time Vegetarian* by Nicola Graimes (Nourish Books, £20). Photography by Haarala Hamilton.



### FLEXIBLE FOOD

*Vegetarian Living* readers can buy *The Part Time Vegetarian* at the special price of £16. Nicola Graimes's cookbook offers adaptable recipes, which are great for families where not everyone is vegetarian. To order, call 01206 255800 and quote ref VL160. Offer closes 14 March 2016.



SOUR CHERRY, RED  
QUINOA AND SPICED  
ALMOND SALAD



TRY BRITISH  
QUINOA IN THIS  
SPICY, ZESTY  
SALAD, BURSTING  
WITH FLAVOURS

PHOTOGRAPH: HAARALA HAMILTON

## Sour cherry, red quinoa and spiced almond salad

The success of this salad is all about balance – you don't want any single ingredient to dominate, instead it should ideally be a harmony of taste, texture and colour.

**Serves 4 | Prep 20 mins + soaking**  
**Cook 15 mins**

60g blanched almonds  
½ tsp sea salt  
2 tsp harissa paste  
100g red quinoa (or white or black)  
8 large handfuls of mixed red and green salad leaves  
1 small red onion, halved and thinly sliced  
2 large handfuls of mint leaves, torn  
2 large handfuls of flat-leaf parsley leaves, torn  
125g dried sour cherries or cranberries

200g firm vegetarian goat's cheese, crumbled

**For the lemon and cumin dressing:**  
finely grated zest and juice of 1 large lemon  
4 tbsp extra-virgin olive oil  
½ tsp cumin seeds  
sea salt and freshly ground black pepper

- 1 Soak the almonds in a bowl of water with the salt for 15 minutes, until slightly softened. (This will help them take up the flavour of the harissa.) Drain and put them in a bowl with the harissa, turning to coat the nuts in the spice paste.
- 2 Preheat the oven to 180C/fan 160C/gas 4.
- 3 Put the quinoa in a saucepan and cover with water. Bring to the boil over a high heat, then turn the heat down and simmer for 12–15 minutes until tender. Drain and leave to one side.
- 4 Meanwhile, put the nuts on a baking sheet, spread out evenly and roast for 10 minutes,

turning once, until golden. Transfer to a bowl and leave to cool.

5 Put the salad leaves into a large shallow serving bowl and top with the quinoa, red onion, herbs and sour cherries. Mix together the ingredients for the dressing and season with salt and pepper to taste. Spoon the dressing over the salad and toss until combined, then scatter the cheese and almonds over the top.

■ PER SERVING 557 cals, fat 36g, sat fat 11.5g, carbs 39.5g, sugars 26g, protein 19.5g, salt 3g, fibre 5g



Recipe adapted from *The Part Time Vegetarian* by Nicola Graimes (Nourish Books, £20). Photography by Haarala Hamilton.





## GROWING TALES

### Stephen Jones, British Quinoa Company

INTERVIEW: JON BENNETT

Working out how to eat more protein is a challenge many vegetarians struggle with, but when farmer's son Stephen Jones read about a new health food called quinoa, it was the start of a far greater challenge – a 10-year mission to become the first British farmer to grow the crop.

'I'd been veggie since I was seven or eight,' he recalls. 'I've always been interested in new foods and grains, so when I read about quinoa and how healthy it is I thought I'd give it a go.' He tried it, loved it and wondered if he could grow the South American crop in the UK.

The initial answer was he couldn't – his first crop failed miserably – but after further years of hard graft he's proved the South American superfood can be grown in Shropshire. 'It's taken a lot of trial and error,' he laughs, remembering planting quinoa for the first time when he was an 18-year-old university student. 'I didn't realise there's a hard soapy coating on quinoa grain that is there to protect it. It's perfectly natural, but the South American farmers know that you have to remove it to successfully plant the grain. I didn't have any of this kind of knowledge when I was starting out, so my

first attempts were a real flop.'

As an agriculture student, Stephen was able to put time into researching whether the product might be grown in the UK. The breakthrough came in 2010 when he was doing his PhD in plant pathology at Nottingham University. He found out that a Dutch university had been working on naturally cultivating varieties that would grow in Europe and he volunteered to trial some on his father's land. It was the eureka moment that led to the founding of the British Quinoa Company. 'This time we had real success and we knew that the crop could grow here.'

In 2013 Stephen successfully harvested 20 tons and won Arable Innovator of the Year at the British Farming Awards. The prize brought him to the attention of Pret à Manger. 'They called me and asked if we could supply them with quinoa for their salads. It was a huge order and, to be honest, I wasn't sure if we could produce enough, but we have and it's been hugely important because that has allowed us to invest in future plans.'

Stephen now also supplies Waitrose and M&S, working with a string of farms across



the UK who plant quinoa under his guidance. British Quinoa produced 700 tons in 2015 and the plan is to increase that to several thousand tons a year.

'As it becomes popular, I think more farmers will be interested in planting it. There is a difference in the taste between British and South American quinoa and I think when people try the two they will prefer the British version. It's a slightly nuttier flavour and a little more complex. I also think consumers prefer to buy a product that has no air miles associated with it. When people know they can buy quinoa that's locally grown, I think they will.'

● To find out more about British Quinoa and order their products online, go to [www.britishquinoa.co.uk](http://www.britishquinoa.co.uk).

#### HOW TO ENJOY QUINOA

'You need to wash it well and then boil 1 cup of quinoa with 1½ cups of water and a good pinch of salt,' says Stephen. 'Quinoa is a carrier of flavour, so, rather like couscous, it's all about using it as a base for flavours that you like – cumin and rosemary go very well. It's also a good addition to salads and cooked vegetables, just make sure you let the grains cool first.'

*British quinoa has a slightly nuttier flavour and is a little more complex*



TRINE HAHNEMANN'S

## Nordic pizza with kale and potato

Many Italians would consider it blasphemy to call this pizza! Nevertheless, it is a kind of pizza... with a Nordic touch. The dough is made with spelt flour, which gives a taste that works really well with winter vegetables.

**Serves 6 | Prep 30 mins + proving  
Cook 30 mins**

**For the dough:**

25g fresh yeast

300ml lukewarm water

300g wholegrain stoneground spelt flour

150g strong white flour, plus more to dust

1 tsp salt

**For the filling:**

500g potatoes, scrubbed

4–6 tbsp olive oil

200g kale, roughly chopped

4 cloves garlic, finely chopped

**1 green chilli, chopped  
sea salt and freshly ground black pepper  
200g vegetarian feta cheese, crumbled**

**1** Crumble the yeast into 50ml of the lukewarm water, stirring to dissolve. Put 2 tablespoons of the spelt flour and 1 tablespoon of the plain flour in a cup or small bowl, stir in the yeast mixture to make a paste, then leave to rest under a tea towel for 30 minutes at room temperature.

**2** Now place the yeast mixture in a large bowl, stir in the remaining 250ml of lukewarm water, the rest of the flour and the salt. Knead the dough well on a floured work surface until smooth, then return it to the bowl, cover with a tea towel and leave in a warm place to rise for 1½–2 hours.

**3** Meanwhile, cut the potatoes – skins still on – into thin slices (a mandoline is good for this, if you have one).

**4** When ready to bake the pizzas, preheat the oven to 200C/fan 180C/gas 6. Divide the dough in half and roll each piece out on a floured work surface into a 40 x 30cm pizza base. Brush with olive oil.

**5** Mix the kale with the garlic and chilli and place on the pizza bases, then arrange the slices of potato on the top and sprinkle with salt and pepper and feta cheese. Bake for 25–30 minutes, then serve right away.

■ PER SERVING 502 cals, fat 18g, sat fat 6g, carbs 69.5g, sugars 2.5g, protein 17g, salt 2.8g, fibre 9g



Recipe adapted from *Scandinavia Baking* by Trine Hahnemann (Quadrille, £25). Photography by Columbus Leth.



# Taste not waste

We live in a world of wonky and imperfect-looking fruit and veg, but it's all still delicious and nutritious to eat, says veggie blogger Kate Hackworthy.

February is all about love – unless we're talking about wonky veg, crooked carrots and bumpy tomatoes, it seems. For years, growing mountains of fruit and vegetables have been wasted – that's 90,000 tons of edible UK produce that ends up in landfill each year, according to WRAP. Stop and picture that for a moment. It's a huge amount of food to bin simply because it doesn't look perfect.

But now the spotlight has been cast on ugly veg by celebrity chefs like Hugh Fearnley-Whittingstall and Jamie Oliver, who have brought this issue to the forefront. As some supermarkets are starting to listen to customers, donating food waste and selling 'ugly' veg, we can hope food will be treated with more respect.

Mother Nature produces fruit and veg which aren't always picture-book perfect; anyone who grows their own veg knows this. Nobody would throw away a wonky carrot they grew themselves, considering it useless if it wasn't straight, so we must stop this being done on an industrial scale.

The Soil Association says that in the UK 20–40 per cent of produce is rejected simply because it doesn't fit the expected aesthetic – because it's considered too 'ugly' to eat. It is more than just a shocking statistic, it's an irresponsible misappropriation of the earth's resources.

Grassroots organisations like the Gleaning Network and FareShare are rapidly springing up across the country, bringing this 'waste' back into the food chain and highlighting the absurdity of the current system. They supply thousands of charities, which turn the produce into meals for homeless hostels, refuges and breakfast clubs, using food waste to tackle hunger – which is the reason it was grown in the first place.

So, what can we do about it? Write to your MP, buy wonky veg

from farmers' markets, greengrocers and supermarkets that stock them, support local food waste organisations and join the growing collective voice against food waste through active campaigns such as Hugh's Waste Not UK. Love the wonky veg. Seek it out. Eat it.

## Farro, roasted veg and butterbean Buddha bowl with turmeric tahini dressing

'Buddha bowls' are the name given to nourishing dishes filled with grains and vegetables. They're a great way to eat healthily, as well as to use up veggies – you can substitute any of these ingredients for what you have available, from roasted carrots and parsnips to chickpeas and kale. This is an endlessly adaptable meal that makes great use of food that might otherwise be wasted at home.

**Serves 2 | Prep 5 mins | Cook 25 mins**

**250g butternut squash, peeled, deseeded and cut into chunks**  
**200g cauliflower florets**  
**1 red pepper, deseeded and cut into strips**  
**1 tbsp olive oil**  
**100g farro (or quinoa, spelt or rice)**  
**400g can butterbeans, drained and rinsed**  
**2 tsp sumac**  
**large handful of spinach**

**For the turmeric tahini dressing:**

**2 tbsp tahini**  
**100ml water**  
**2 tbsp lemon juice**  
**1 tsp olive oil**  
**¼ tsp ground turmeric**  
**salt and pepper**

**1** Preheat the oven to 200C/fan 180C/gas 6. Place the squash, cauliflower and pepper into a large baking tray and drizzle with the oil. Roast for



FARRO, ROASTED VEG AND BUTTERBEAN BUDDHA BOWL

25 minutes or until lightly browned.

**2** Boil the farro in a large pan of water for 10 minutes, or according to packet instructions.

**3** Heat a frying pan and add the butterbeans and sumac, tossing regularly, until hot. Pour boiling water over a sieve of the spinach to wilt and allow to drain.

**4** Drain the farro and divide between serving bowls. Top with the roasted vegetables, spinach and beans.

**5** To make the dressing, whisk all ingredients in a bowl until well combined. Add extra water if necessary. Drizzle over the Buddha bowl and serve immediately.

■ PER SERVING 600 cals, fat 29g, sat fat 4g, carbs 60.5g, sugars 15.5g, protein 25g, salt 1.7g, fibre 21g

### ABOUT KATE

Kate Hackworthy is a food writer and recipe developer who blogs at [www.veggiedesserts.co.uk](http://www.veggiedesserts.co.uk). Her creative vegetable desserts have frequently appeared in *The Guardian* and she was Jamie Oliver's Food Blog of the Month. Follow Kate on Twitter: @veggie\_desserts, Facebook: VeggieDessertsBlog and Instagram: @kateveggiedesserts.







# The secret ingredient

***In the hunger gap before spring arrives, chef and cookery school tutor Rachel Demuth turns to her favourite storecupboard stars to add that extra touch of umami to her cooking.***

February is the month when winter vegetables are thought to be at their most drab, but they can easily be made tantalisingly tasty and colourful. The recipes I have chosen this month pack a flavour punch with rich umami flavours – if you've not heard of umami, it's now thought to be the fifth flavour after sweet, sour, bitter and salty.

Keeping your storecupboard well stocked with interesting ingredients can make all the difference in ensuring your winter recipes have a much-needed zing. My new favourite secret ingredients include white miso, which I've added to my beetroot latkes; hemp seeds that work beautifully in a spicy harissa; kecap manis, which I've used in a shoyu dip; dried tofu sticks used as a delicious filling for steamed baozi; and vibrant barberries to top a winter vegetable coleslaw.

Soya bean products are always among the stars of my pantry – in fact, my top three storecupboard saviours are based on this humble bean, and I'm continually amazed by how versatile it is!

**MISO** A Japanese staple, miso is made with soya beans fermented with koji, a type of fermented rice. Miso has a rich umami flavour and is very nutritious, rich in protein, B vitamins and calcium. White miso is lightly

fermented and naturally sweet, pale in colour with a creamy texture. Add white miso to dishes when you want to achieve a subtle salty sweetness. It's wonderful stirred into dressings and is particularly good when mixed with tahini. The darker the miso the stronger the flavour, so use dark miso to make a cleansing miso broth, or add to marinades and sauces.

**SHOYU, TAMARI AND KECAP MANIS** I always have a bottle of shoyu and a bottle of gluten-free tamari on the go. It is worth visiting your local health food shop and investing in a good quality variety, as it will keep for ages and doesn't need refrigerating. Use for everything from dipping sauces, to salad dressings, marinades, and to flavour roasted winter vegetables. Kecap manis is an Indonesian sweet soy sauce and is ideal when you need a rich sauce that is both sweet and salty.

**TOFU STICKS** My new soya discovery this year is tofu sticks or dried yuba sticks. They are made from skimming off the skin that forms when heating soya milk to make tofu, it is then dried in a sheet and rolled up into sticks. To cook with tofu sticks you have to rehydrate them first and then chop them up. They don't have much flavour, but they

do add texture and bite to a dish. Dried tofu sticks are available from Chinese stores.

**HEMP SEEDS** Hemp seeds are also a very versatile, nutritious ingredient, and for vegans they are an excellent source of protein, containing all of the essential amino acids and a good source of omega-3 fatty acids. With whole hemp seeds, it's best to lightly toast them and then crush in a spice grinder – the hemp seed husks are very hard so need to be well blended (it's more economical to buy whole seeds rather crushed ones). Sprinkle over muesli, porridge, vegetables or rice.

**BARBERRIES** In winter, dried fruits are a great addition to your cooking and will brighten up your savoury dishes and provide a sweet contrasting taste – mix them through a pilaf or add to winter salads. I like dried cranberries, blueberries and sultanas, or try barberries. These sweet and sour berries, known as *zerehshk* in Persian and Iranian cooking, are usually added to rice dishes. They have a lovely sour bite, a beautiful red colour and are full of vitamin C. Barberries are available dried from Middle Eastern stores or you can buy online. To use, rehydrate them in hot water for 30 minutes and then rinse well as they are often gritty.



## ABOUT RACHEL

Chef-proprietor of the award-winning Demuths restaurant in Bath for 25 years, Rachel is now dedicated to running the Demuths Vegetarian Cookery School, which offers a range of themed workshops, guest chef events, cookery holidays in France and Italy, and the Demuths Vegetarian and Vegan Diplomas for professional chefs and keen cooks. As a well-travelled foodie, Rachel loves to combine her passion for global cuisine with the best of locally grown produce.



[www.demuths.co.uk](http://www.demuths.co.uk)

## Beetroot potato apple latkes V

Latkes are potato fritters traditionally eaten during the Jewish Hanukkah festival. For colour and natural sweetness I have added beetroot and cooking apple.

**Makes 8 latkes | Prep 20 mins**

**Cook 15 mins**

2 potatoes (about 325g before peeling)  
 1 beetroot (about 150g before peeling)  
 1 small cooking apple (about 125g before peeling)  
 1 small red onion  
 1 tsp fennel seeds, lightly crushed  
 1 tsp caraway seeds, lightly crushed  
 1 tbsp white miso  
 1 tsp red wine vinegar  
 4 tbsp gram flour  
 1 tsp baking powder  
 salt and pepper, to taste  
 sunflower oil, for frying  
 green hemp harissa (see recipe, on page 24)  
 and yogurt and mint dip, to serve

**1** Wash the potatoes and put them in a pan of cold water. Bring to a gentle simmer and cook until half cooked and still firm, this will take about 10 minutes. Drain and run under cold water. When cool enough to handle, peel and grate the potatoes.

**2** Peel and grate the beetroot, cooking apple and red onion into a bowl, then squeeze out as much juice as possible, either through a sieve or through muslin.

**3** Mix them together with the grated potato in a mixing bowl along with the fennel and caraway seeds, white miso and red wine vinegar. Add salt and pepper to taste.



BEETROOT POTATO  
APPLE LATKES



RECIPE IMAGES © ROB WICKS/EAT PICTURES



**4** Mix in the gram flour and baking powder and bring the mixture together. Divide and shape the mix into 8 round latkes.

**5** Add enough sunflower oil to just cover the bottom of a frying pan, heat the pan and add the latkes, pressing them down, so that they are flat. Fry gently on both sides until crisp.

**6** Serve the latkes with the green hemp harissa and a yogurt and mint dip.

■ PER LATKE 106 cals, fat 6g, sat fat 1g, carbs 12.5g, sugars 4.5g, protein 1.5g, salt 1.4g, fibre 2g

## govegan

**V** To serve, ensure you make your dip from a plain soya yogurt.

## Green hemp harissa **V**

4 tbsp hemp seeds  
2 tbsp sesame seeds  
1 tsp cumin seeds  
1 tsp caraway seeds  
2 green chillies, deseeded and finely chopped  
juice and zest of 1 lime  
¼ tsp salt  
1 tbsp olive oil  
½ tsp agave syrup  
3 tbsp water  
handful of fresh coriander and fresh mint leaves, chopped

In a frying pan, dry-fry the hemp seeds, sesame seeds, cumin and caraway seeds together, until they smell fragrant and begin to colour. Grind in an electric spice grinder or coffee grinder to a rough powder. Blend together with the chillies, lime juice and zest, salt, olive oil and agave syrup, and add water to mix to a thick custard-like consistency. Stir in the chopped coriander and mint.

## Vegetable baozi **V**

Baozi are a popular type of Chinese stuffed dumpling made from yeasted wheatflour dough and then steamed in a bamboo steamer. They are usually found on dim sum menus. Lydia, who teaches at Demuths cookery school, introduced us to this family recipe for steamed buns with a vegetarian filling.

**Makes 20 small buns**

**Prep 1 hr + proving**

**Cook 15 mins**

**For the dough:**

1 tsp sugar

1 tbsp dried yeast

275ml lukewarm water

450g strong white flour

**For the filling:**

2 spring onions, chopped finely

2-3 cloves garlic, minced finely

5cm piece of ginger, minced finely

200g chopped mixed vegetables, e.g. finely shredded Chinese leaf or green cabbage, grated carrot, fresh or rehydrated shiitake mushrooms, black fungus

2 tbsp sunflower oil

handful of cashew nuts

½ tsp sesame seeds

30g dried tofu sticks, rehydrated, shredded and chopped finely

1 tbsp shoyu

1 tbsp kecap manis

2 tbsp Chinese Shaoxing or rice wine

1 tsp toasted sesame oil

**1** To make the dough, whisk the sugar and dried yeast into the water and leave to stand until frothy.

**2** Put the flour into a large mixing bowl or stand mixer with a dough hook attachment, and add the yeast liquid, stirring until combined.

**3** Knead by hand for roughly 10 minutes, or mix in the machine until the dough feels smooth and elastic. Place the dough in a clean, lightly oiled bowl, cover with cling film, and leave to rest for 1 hour until doubled in size.

**4** To make the filling, finely chop the spring onions, garlic and ginger either by hand or in a mini electric chopper or hand blender. Prepare all the rest of the vegetables.

**5** Heat the oil in a wok or frying pan, and stir-fry the spring onions, garlic and ginger for about 30 seconds. Add the vegetables, cashew nuts and sesame seeds, and cook for 2-3 minutes. Add the chopped tofu sticks, shoyu, kecap manis, rice wine and sesame oil. Taste and check the seasoning, adding more shoyu if required. It is important to season the mixture really well, as baozi fillings tend to be strongly flavoured. Leave the filling mixture to cool.

**6** To make the buns, lightly flour the worktop and knead the dough again. It should feel soft, smooth and elastic. Roll it into a long sausage shape and cut into 20 pieces roughly the size of a golf ball.

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**7** Take a piece of dough and flatten it slightly in the palm of your hand into a small pancake. Put a heaped teaspoon of filling in the middle, and gather the edges of the dough to the centre, pleating and pinching them together at the top with a little twist. This creates the classic characteristic pattern and shape of the bun. Repeat until you have used up all the dough.

**8** Cut out 20 small squares of baking parchment, the size of the dumplings. Heat a saucepan of water for the steamer to fit on to. Place the baozi in the steamer, each sitting on a square of baking parchment, allowing space in between each for expansion. Steam on high heat for 10 minutes.

**9** Serve hot, with a shoyu dipping sauce or a sweet chilli sauce.

■ PER BAOZI 111 cals, fat 2.5g, sat fat 0.5g, carbs 19g, sugars 1.5g, protein 3g, salt 0.2g, fibre 1.5g

## freeze me

\* The cooked, steamed buns can be frozen and re-steamed from frozen for 15-18 minutes. Pierce a bun with a metal skewer for 10 seconds and check the heat of the tip of the skewer to test if they are hot in the centre, before serving.

## Shoyu dipping sauce ✓

1 tbsp shoyu  
1 tbsp kecap manis  
1 tbsp Shaoxing rice wine  
½ tsp hot chilli sauce  
1 tsp toasted sesame oil  
water, to mix

Mix all the ingredients together and add enough water to make the consistency of a dipping sauce.



VEGETABLE BAOZI





WINTER VEGETABLE COLESLAW WITH BARBERIES

## Winter vegetable coleslaw with barberries

Serves 6 | Prep 30 mins

1 small red onion, finely sliced  
300–400g mixed cabbage, e.g. white, green or red  
a few brussels sprouts, shredded  
1 medium carrot, peeled and grated  
1 small parsnip, peeled and grated  
¼ small celeriac, peeled and grated (or 1 stick of celery, finely chopped)  
1 small beetroot, peeled and grated  
handful of parsley, large stalks removed and roughly chopped  
handful of mint leaves, roughly chopped  
handful of dried barberries, soaked, drained and rinsed  
handful of sunflower seeds, toasted

handful of pumpkin seeds, toasted

For the dressing:

juice of 1 lemon or lime  
2–3 tbsp olive oil  
1 red chilli, deseeded and finely diced (optional)  
agave syrup (optional)  
sea salt

**1** Place the red onion into a small bowl of cold water, making sure it is fully submerged. This will help to remove the strong pungency of the onion flavour, and crisp up the texture. Set aside.

**2** Put the shredded and grated cabbage, Brussels sprout, carrot, parsnip, celeriac and beetroot into a large mixing bowl. Add the chopped herbs and mix together.

**3** To make the dressing, mix the lemon or

lime juice with the olive oil and red chilli, if using. Taste and add enough agave syrup to slightly sweeten.

**4** Drain the onion in a sieve, then add to the other vegetables. Pour over the dressing, and mix thoroughly through the coleslaw. Season with a pinch of salt and taste. Add a little more salt, oil or lemon, if necessary. Sprinkle over the barberries, sunflower and pumpkin seeds, then serve.

**COOK'S TIP** This coleslaw will keep for up to 3 days in a container in the fridge. It goes very well with most meals, adding a lovely fresh crunch to filled pittas and wraps, alongside baked potatoes, quiches, curries or Eastern noodle or rice dishes.

■ PER SERVING 183 cals, fat 11g, sat fat 1.5g, carbs 15.5g, sugars 12g, protein 5g, salt 1g, fibre 5.5g





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## *Gardening editor Alice Whitehead digs deep for Britain's tastiest tatties and shows you how you can harvest perfect potatoes from the patio.*

Abundant by the bag load and as cheap as chips, it might be hard to understand why you would want to grow your own potatoes at home. But having spuds on tap means you can try new and interesting varieties and know they've been grown without chemicals. Plus, there's simply nothing better than a freshly buttered potato just out of the soil!

Whether in the greenhouse, garden or in patio pots, growing at home also allows you to save some of our most precious heirloom varieties: think pearly white boiler British Queen, lumpy-bumpy Pink Fir Apple for natural crinkle-cut chips, or inky Salad Blues. These are varieties you simply can't buy in the shops. Their low yields means they are commercially redundant, but grown at home in small parcels they offer unrivalled texture and taste.

### **All about heritage**

A decade ago, Northumberland potato farmers Anthony and Lucy Carroll had the same light-bulb moment when they decided to stop growing uniform potatoes for supermarkets in favour of heritage varieties. 'I remember the day I went to a potato conference and tucked away in the corner was this table of knobby, oddly shaped potatoes with deep-set eyes and colourful flesh, which tasted fantastic,' says Anthony. 'I simply couldn't get them out of my head.'

Later, when he was asked to grow yet another standard variety for a supermarket,

he asked them why they had chosen that particular variety. The reply was to change the course of his career. 'They're high-yield, easy to harvest, disease-resistant and look great in a plastic bag,' they told me. 'But they taste filthy! It was at this point I realised I wasn't getting any pleasure out of these varieties, and decided to grow the knobbly ones!'

Dunbar Rover, a creamy-floury potato bred in the 1930s, was the first for the trial plot on the Carroll's farm on the Scottish borders, and for Anthony it still sums up what they're all about. 'It may not look pretty and the yields are terrible – but it tastes divine!' he says.

Flushed with success, other varieties followed, including Arran Victory, dating from 1916, and 1940s Duke of York. When they took them to their local farmers' markets, the positive response was overwhelming. Not long afterwards they got their first contract with Booths and Fortnum & Mason.

'Potatoes have been grown commercially for high yield since the war years,' says Anthony. 'They weren't selected on shape, colour, texture or taste because they needed to feed the nation. While this was perfectly acceptable back then, by the 1980s we'd all become used to the standard supermarket red and white potatoes – and many people still don't realise there's a whole world of delicious organic and heritage varieties out there.'

### **Tatties with taste**

Indeed, of the 450 varieties in Britain only 80 are grown commercially and with supermarket buyers comfortable with the long-established, picture-perfect varieties (that are cheaper and easier to grow), there's no room for ugly spuds. Ask the average householder what potato variety they use and they might say 'baking', or 'new' – perhaps even 'British white' – but it's rare they'll know the variety, let alone whether they are floury, waxy or early or late.

But a One Poll study, commissioned by The Edible Garden Show – which suggests almost half of us are planning to grow our own potatoes next year – could change all this.

'Potatoes are so easy to grow at home,' affirms Lucy. 'You don't need an allotment plot, just a pot will do, and they pretty much take care of themselves. And if the skin finish is not perfect or they're curiously shaped, who cares? They still taste good, and for small-crop growing you can't beat them.'

Celebrating their 10th birthday this year, Carroll's Heritage Potatoes continues to nurture its 70 acres of special tubers, with boxes winging their way to the Roux and Hix restaurant chains, and Jamie Oliver's Fifteen.

'We're not trying to compete with modern varieties – we're growing the Rolls-Royces of the potato world,' says Anthony. 'Just like the car, a huge amount of attention to detail has gone into each crop, and you simply cannot mass-produce them.'



## HAVE A GO ON THE PATIO!

*You don't need acres of allotment to grow potatoes – try patio potatoes in a sturdy shopping bag or old dustbin.*

**SPRING INTO ACTION** Get a head-start by planting first early or new potatoes now into greenhouse beds, or into deep pots, buckets, bags, barrels, or even tyres. You can keep the pots on a sheltered patio (providing you keep the horticultural fleece handy) or in a frost-free greenhouse or cool conservatory. Because they grow faster, and have virtually no pests, you'll be rewarded with unrivalled taste and texture.

**CHIT CHIT HOORAY** Chitting encourages the tubers to produce shoots and helps them grow better in the ground. Place them 'eye' up in egg boxes and pop on a dry and frost-free windowsill with plenty of light. After two weeks you should notice tiny 'chits' forming at each eye.

## PROJECT

**POT UP** When the shoots are around 2cm high, plant into your containers. Fill the containers quarter of the way with soil first and place the tubers on top 'chit up' (you can plant 3-4 per 40 litre pot). Cover with a little soil and keep well watered.

**MAKE A 'LASAGNE'** Once green shoots poke out the top, cover with another layer of compost, water and feed. The next time you see shoots, repeat, and so on, until you've filled the bag with compost. Harvest 10-12 weeks later by simply pulling one or two out of the bag, as and when you need them.



## ABOUT ALICE

Alice Whitehead is a writer who loves to grow, eat and get muddy. For 16 years she has written garden and food features for magazines and newspapers, and more recently split her time between tending two large, city allotment plots and a school garden club. She still hasn't decided whether she prefers the pen or the spade.

[www.wonderlandfreelance.co.uk](http://www.wonderlandfreelance.co.uk)



## POTATO GLOSSARY

### FIRST EARLY, SALAD OR NEW:

potatoes are categorised according to their season, so varieties such as Aura or Epicure are planted first, from February onwards, and harvested roughly 10 weeks later.

**SECOND EARLY:** potatoes such as Blue Kestrel or Charlotte are planted slightly later in March/April and harvested within 13 weeks.

**MAINCROP OR LATE:** varieties such as Arran Victory or Golden Wonder are harvested in late summer or early autumn when their skins are firm and set.

**WAXY:** potatoes with a high water content with moist and translucent flesh, which stays firm when boiled (try Pink Fir Apple).

**FLOURY:** varieties with a low water content with a brighter, drier and more granular texture that's great for absorbing flavours. Best for chips and roasties (try Sharpe's Express).

## WHERE TO BUY



### FOR GROWING

● Most good garden centres will stock seed potatoes now and Carroll's Heritage Potatoes sell seed potatoes via their website at [www.heritage-potatoes.co.uk](http://www.heritage-potatoes.co.uk). But if you fancy growing something a little different, then visit a Potato Day where you can buy unusual varieties and swap notes on growing techniques. Log on to [www.potato-days.net](http://www.potato-days.net) to find your nearest event.

### FOR EATING

● Farmers' markets are great places to pick up unusual and locally grown potatoes, and The Potato Shop ([www.thepotatoshop.com](http://www.thepotatoshop.com)) has a stall at Marylebone, West Hampstead and Parliament Hill markets in London. Carroll's Heritage Potatoes also sell at various farm shops around the country or via their website.



## WIN EDIBLE GARDEN SHOW TICKETS!

There's nowhere better to get to the root of potato growing – and all kinds of other green-fingered activities – than at the Edible Garden Show ([www.theediblegardenshow.co.uk](http://www.theediblegardenshow.co.uk)) on 11-13 March at Stoneleigh Park, Warwickshire, which promises celebrity gardeners and hands-on demos to help conjure homegrown meals from plot to plate.

We have 10 pairs of tickets to give away to the event! To enter the draw, go to [www.vegetarianliving.co.uk/offers](http://www.vegetarianliving.co.uk/offers). Competition closes midday 11 February 2016.

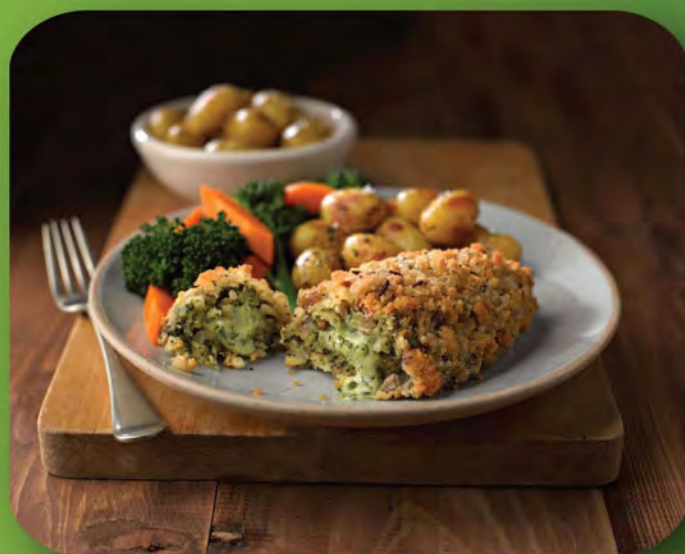
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PHOTOGRAPH: LAURA EDWARDS

# EVERYDAY EATS

Get out of your weekday rut with skinny soups, fresh vegan recipes and gastropub-inspired dishes with a homemade twist.



# SIMPLY DELICIOUS

*From simple weeknight suppers to raw recipes and something special for friends, food writer Áine Carlin reveals how easy and versatile vegan cooking can be, with recipes from her new cookbook.*



## Crunchy cauliflower couscous with roasted figs v

While most of us associate cauliflower with cheese, this dish couldn't be further from those school-dinner days with a vibrant array of flavours that are less 'Sunday roast' and more 'Middle Eastern promise'. Packed full of crunch, texture and that elusive 'umami' – thanks to some delicate spice additions, sweet roasted figs and a delightfully easy hummus dressing – this is bound to become your new favourite way to serve a comfortingly familiar ingredient.

**Serves 2 | Prep 30 mins | Cook 45 mins**

1 small cauliflower, broken into florets  
1 heaped tsp coconut oil  
2 shallots, finely diced  
1 large carrot, finely diced  
2 cloves garlic, grated

1cm piece of fresh ginger, grated  
1 heaped tsp quick preserved lemons  
(see recipe, opposite)  
handful of raisins  
handful of toasted flaked almonds  
sea salt and freshly ground black pepper

**For the ras el hanout:**  
1 heaped tsp ground cumin  
1 tsp ground coriander  
1 tsp turmeric  
½ tsp ground ginger  
½ tsp allspice  
½ tsp paprika  
¼ tsp cinnamon  
¼ tsp freshly grated nutmeg

**For the roasted figs:**  
2 ripe figs  
1 tsp coconut oil  
drizzle of agave nectar and  
pomegranate molasses

**For the courgette dressing:**  
4 heaped tbsp creamy courgette dip  
(see recipe, opposite)  
juice of ½ lemon

- 1** Preheat the oven to 180C/fan 160C/gas 4.
- 2** Prepare the roasted figs. Run a knife through the figs so that they form quarters but be sure to leave them attached at the bottom. Grease a small ovenproof dish with the coconut oil. Place the figs in the dish, drizzle with agave and pomegranate molasses and sprinkle over some salt. Roast for 25–30 minutes or until they are soft and juicy.
- 3** Meanwhile, put the cauliflower in a food processor and pulse until it becomes like couscous grains.
- 4** Heat the coconut oil in a heavy-based frying pan. Add the shallots, carrot, garlic and ginger and fry over a medium heat until



To toast almond flakes, heat a frying pan over a medium heat, add the almonds and toast for about 10 minutes. Stir frequently and keep an eye on them, as they turn from toasted to burnt in a matter of seconds.

they begin to soften. Fry for 5 minutes before adding the cauliflower couscous.

**5** Add the ras el hanout spices to the pan and stir-fry for about 10 minutes. Take off the heat and stir through the quick preserved lemons and raisins. Check for seasoning and set aside to cool for a few minutes before adding the flaked almonds, reserving a few for serving.

**6** Whisk the courgette dip with the lemon juice and a little black pepper in a bowl to form a smooth sauce.

**7** Serve the couscous in a wide bowl or plate and top with the roasted figs. Sprinkle over a few flaked almonds and garnish with the dressing.

■ PER SERVING 489 cals, fat 21.5g, sat fat 5g, carbs 61g, sugars 53g, protein 13.5g, salt 2.7g, fibre 11g

## Quick preserved lemons V

**2 large lemons, unwaxed, preferably organic**  
**6 tbsp agave nectar**  
**2 heaped tbsp salt**

Wash and wipe the lemons before dicing them into small bite-size pieces. Place in a saucepan along with the agave and salt, and a splash of water. Bring to the boil and then gently simmer for around 10–15 minutes to soften the lemon pieces. Transfer to a clean jar, screw on the lid and set aside to cool. These will keep for up to 1 week in a sealed jar in the fridge.

## Courgette dip V

**2 large courgettes, halved lengthways**  
**olive oil, for drizzling**  
**1 tsp cumin**  
**1 tsp dried oregano**  
**1 small clove garlic, grated**  
**1 tbsp lemon juice**  
**3 tbsp dairy-free yogurt (either soya or coconut)**  
**1 tbsp extra-virgin olive oil**  
**sea salt and freshly ground black pepper**

Preheat the oven to 200C/fan 180C/gas 6. Place the courgettes in a baking tray and

drizzle with olive oil. Season, cover loosely with foil and roast for around an hour until soft, turning once. Let the courgettes cool completely before scooping out the flesh. Transfer to a food processor along with the cumin, oregano, garlic, lemon juice and yogurt. While the ingredients are processing, drizzle in the extra-virgin olive oil until the dip has emulsified and thickened.

## Vietnamese noodle bowl V

More a nod to the almighty 'Bun' bowl than an actual authentic replication, but I adore it nonetheless. You could really add anything to the veg part but I'm seriously digging the spirals of sweet potato and teriyaki roasted squash combo that is pretty much out of this world. This is a dish best served at room temp, so don't worry about the sauce and/or noodles remaining piping hot. Pressure. Off.

**Serves 2 | Prep 30 mins | Cook 40 mins**

**½ butternut squash, peeled and diced**  
**3 tbsp soy sauce, plus extra to serve**  
**2 tbsp teriyaki sauce, plus extra to serve**  
**1 tbsp sesame oil**  
**1 tbsp rapeseed oil, plus extra for frying**  
**1 clove garlic**  
**thumb-size piece of fresh ginger**  
**1 red chilli**  
**1 sweet potato, spirals**  
**½ tbsp tamari sauce**  
**5 tbsp freshly chopped coriander**  
**45g rice noodles**  
**50g canned sweetcorn kernels**  
**3–4 radishes, finely sliced**  
**1 spring onion, finely chopped**  
**1 tbsp sesame seeds**  
**1 tbsp crushed peanuts**  
**pinch of chilli flakes**  
**hot sauce (such as sriracha or sambal oelek), to serve**

**For the peanut sauce:**

**2 tbsp peanut butter**  
**½ tbsp soy sauce or tamari**  
**½ tbsp agave nectar or maple syrup**  
**½ tbsp teriyaki sauce**  
**½ tbsp sambal olek**  
**½ tbsp sesame oil**  
**juice of ½ lime**

**1** Preheat the oven to 200C/fan 180C/gas 6.

**2** Put the squash in a baking dish and toss with the soy sauce, teriyaki and oils. Roast for about 40 minutes until soft and caramelised, shaking the dish from time to time for an even bake.

**3** Meanwhile, heat some rapeseed oil in a pan. Mince the garlic, ginger and chilli together on a clean chopping board and add to the pan. Gently sweat until fragrant before adding the sweet potato. Drizzle over the tamari sauce. Add a splash or two of water and allow the sweet potato to cook for a few minutes until it just begins to soften. Toss in 4 tablespoons of the coriander and set aside.

**4** Pour freshly boiled water over the rice noodles and leave them to steep for about 3–4 minutes before draining and rinsing, then set aside.

**5** In a bowl, whisk together the peanut sauce ingredients with 2–3 tablespoons water until smooth.

**6** Divide the noodles and sweet potato between two deep bowls and spoon the roasted squash over the noodles, preferably to one side. Garnish with the sweetcorn, radish, spring onion, sesame seeds, crushed peanuts, chilli flakes and remaining coriander, and pour over some peanut sauce. Pour over the hot sauce and mix thoroughly before eating.

■ PER SERVING 681 cals, fat 39.5g, sat fat 6.5g, carbs 66g, sugars 27g, protein 17g, salt 5.9g, fibre 11g



VIETNAMESE NOODLE BOWL





LAYERED NO-BAKE  
PESTO TART

## Layered no-bake pesto tart

I'm not going to lie. When I first came across 'raw food' it kinda freaked me out. Even though I'd happily chow down on crudité's and loved eating fruit, the thought of an entirely raw meal really did not appeal. Little did I know the immense cuisine that embodies this often much-maligned movement is vast and delicious, and after trying out a few dishes in raw food restaurants, such as Saf, I was officially hooked. This carrot, cashew and pesto combo makes for a great dinner party starter dish or entrée for a fancy lunch. The layers of textures and flavours are sure to trick your guests into thinking that you'd spent the day cooking instead of assembling... never a bad thing in my book.

**Serves 6 | Prep 35 mins + chilling**

**For the crust:**

2 small carrots, finely grated

70g walnuts

1 tbsp mixed seeds

1 heaped tbsp ground cumin

½ tsp paprika

½ tbsp coconut oil

salt and freshly ground black pepper

**For the cashew cream:**

130g soaked cashews (see recipe, opposite)

juice of ½ lemon

½ tbsp coconut oil

**For the pesto:**

30g fresh basil leaves

30g spinach

2 tbsp mixed nuts (walnuts and pecans work best)

juice of ½ lemon

1 small clove garlic

3 tbsp extra-virgin olive oil

3 tbsp flaxseed oil

**For the carrot serving sauce:**

½ stoned Medjool date

1 tbsp mixed seeds, such as pumpkin, sesame and sunflower, to serve

**1** Squeeze out any excess juice from the grated carrots into a bowl – reserve this juice for the sauce. Put all the crust ingredients in a food processor or mini blender and blitz until it forms a fine rubble. Taste for seasoning and add a little more salt and pepper if necessary.



**2** Line a 15cm tart tin or 225g loaf tin with baking parchment and press the crust evenly into the bottom. Freeze or refrigerate for 30 minutes to set.

**3** Put all the cream ingredients in a food processor or blender with 50ml water and blitz until completely smooth, scraping down the sides as you go. This may take a while but persevere and it eventually becomes smooth. Check for seasoning, then pour the cream over the chilled carrot crust, reserving one heaped tablespoon for the sauce. Smooth out with a spatula and refrigerate for about 1 hour.

**4** Put all the pesto ingredients in a food processor or mini blender and blend until coarse but spreadable. Taste for seasoning and add a touch more salt and pepper if necessary. Refrigerate for 20 minutes.

**5** Put the reserved carrot juice in a food processor or blender, add the reserved tablespoon of cashew cream and the date and blitz until completely smooth.

**6** Carefully lift the chilled tart out of the tin and ease it on to a serving board. Spoon over the pesto and carefully spread out using a spatula. Drizzle over the carrot sauce and adorn with crushed seeds and nuts.

■ PER SERVING 421 cals, fat 40.5g, sat fat 6.5g, carbs 7g, sugars 3.5g, protein 8.5g, salt 1.2g, fibre 3.5g

## Soaked cashews

The basic component for any vegan cheese or cream is soaked nuts – I mainly rely on cashews, almonds and macadamias because they render the smoothest (and most unctuous) texture. And once you have the basic recipes down pat, you can then play around with flavours and add-ins – anything from herbs and spices through to chopped peppers, sundried tomatoes, olives and more.

Let's start with the soaking. Place your chosen nuts in a bowl, cover with filtered water and set aside for at least 6 hours or better still, overnight. Feel free to change the water halfway through. Once they are plump, drain and rinse the nuts and, depending on what you are making, place them in your chosen kitchen gadget – I normally use my blender for creams and my food processor for cheeses.



WALNUT MEAT TACOS

## Walnut meat tacos

Like any traditional taco, these are a harmonious layering of texture and flavour, and so satisfying you'll soon forget they aren't even 'cooked'. I love to balance out the robust taste of the walnut meat with this tangy pineapple salsa, paired with a garlicky creamy avocado sauce.

**Serves 4 | Prep 30 mins**

130g walnuts  
3 sundried tomatoes  
1 scant tsp ground cumin  
¼ tsp ground coriander  
¼ tsp smoked paprika  
pinch of cayenne pepper  
½ tbsp soy sauce or tamari  
2 tbsp extra-virgin olive oil  
2 Little Gem lettuces

**For the pineapple salsa:**  
½ pineapple, peeled and diced  
1 small yellow pepper, deseeded and diced  
2 spring onions, sliced  
1 small green chilli, deseeded and finely chopped  
juice of 1 lime  
20g fresh coriander, roughly chopped

**For the garlicky avocado sauce:**  
1 avocado, peeled and stoned  
1 tbsp coconut cream or coconut-based yogurt  
1 clove garlic, crushed

juice of 1 lime  
2 tbsp extra-virgin olive oil  
2-4 tbsp water  
salt

**1** Put the walnuts in a food processor or blender and blitz to a coarse rubble. Add the sundried tomatoes, spices, soy sauce or tamari and oil and pulse until it forms a crumbly 'meaty' texture.

**2** For the pineapple salsa, put the pineapple and yellow pepper in a bowl. Add the spring onions and chilli. Squeeze over the lime juice and stir to combine before adding the coriander. Stir and set aside until needed.

**3** For the avocado sauce, put the avocado flesh in a food processor or blender with the coconut cream or yogurt, garlic, lime juice and a pinch of salt and blend until smooth. While it's blending, gradually pour in the extra-virgin olive oil until amalgamated before thinning out with a few tablespoons of water, depending on how thick you prefer it. Check for seasoning, adding a little more salt if necessary. Refrigerate until needed.

**4** Separate the lettuce leaves. Spread some avocado sauce in the centre of each leaf, spoon over a generous amount of walnut meat and top with pineapple salsa. Eat, taco style.

■ PER SERVING 479 cals, fat 45g, sat fat 6g, carbs 11.5g, sugars 10.5g, protein 8g, salt 1.5g, fibre 6.5g



## Beetroot and lemon cupcakes

Delicate flavours are a weakness of mine. While you might think beetroot would bring an overbearing earthy flavour to proceedings, you couldn't be more wrong. Not only do they bring an unprecedented moistness, they also allow the light lemon frosting to really shine. I like to underfill each cupcake case, so as to leave a sufficient gap for frosting, making them feel just that inch more dainty. Tea parties are definitely in our midst.

**Makes 6 cupcakes**

**Prep 30 mins + chilling**

**Cook 20 mins**

110g plain white flour  
50g caster sugar, plus 1 tbsp vanilla sugar (or 60g sugar in total)  
 $\frac{3}{4}$  tsp baking powder  
 $\frac{1}{4}$  tsp bicarbonate of soda  
70g pre-cooked vacuum-packed beetroot (not in vinegar)  
100ml plant milk  
1 tbsp vanilla extract  
1 tbsp melted coconut oil  
grated lemon zest, to decorate

**For the frosting:**

150g icing sugar  
2 tbsp vegan margarine  
1 tbsp lemon juice

**1** Preheat the oven to 170C/fan 150C/gas 3 and line a muffin tin with 6 muffin cases.

**2** Lightly mix the flour, sugar, baking powder and bicarbonate of soda together in a large bowl.

**3** Blend the beetroot with the plant milk in a food processor or blender until smooth, then transfer to a separate bowl or jug. Whisk in the vanilla extract and melted coconut oil.

**4** Make a well in the centre of the flour mixture and pour in the wet ingredients. Gently fold to incorporate, making sure not to overwork the mixture. Divide evenly between the 6 cupcake cases. Tap gently on the work surface to release any air bubbles.

**5** Bake for 20 minutes. Remove from the oven and immediately transfer the cupcakes to a wire rack.

**6** While the cupcakes are cooling, make the frosting. Beat the icing sugar, margarine and lemon juice together until smooth. Refrigerate for at least 30 minutes.



**7** Once the cupcakes are completely cool and the frosting has been sufficiently chilled, decorate each cupcake using a spatula. Decorate with lemon zest and serve. The cupcakes will keep for 3-5 days.

■ PER CUPCAKE 271 cals, fat 7g, sat fat 2.5g, carbs 50.5g, sugars 36g, protein 2.5g, salt 0.4g, fibre 1g



Recipes adapted from *The New Vegan* by Aine Carlin (Kyle Books, £14.99). Photography by Nassima Rothacker.



# Delicious dinners to go!

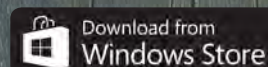
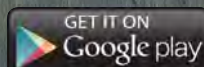
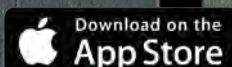
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MINI KORMA  
MUSHROOM AND  
PEA PIES





# Pint and a pie

*Imagine yourself holed up by the fire in your favourite country inn, with Liz Martin's pub-inspired ideas, including creamy curry pie and a clever veggie reinvention of fish and chips!*

## Mini korma mushroom and pea pies \*

**Serves 4 | Prep 30 mins + chilling  
Cook 50 mins**

350g puff pastry  
4 tbsp olive oil  
1 large red onion, sliced  
2 cloves garlic, chopped  
1cm piece of fresh root ginger, chopped  
450g chestnut mushrooms, roughly chopped  
3 tbsp korma paste  
4 tbsp vegetable stock  
4 tbsp Greek yogurt  
100g frozen peas  
2 tsp lemon juice  
3 tbsp chopped fresh coriander  
1 free-range egg, beaten  
chutney and raita, to serve

**1** Preheat the oven to 200C/fan 180C/gas 6. Lightly oil 4 large muffin tins.

**2** Roll out the pastry on a lightly floured work surface and cut out four 15cm circles and four 11.5cm circles. Use the larger circles to line the muffin tins. Prick the bases with a fork. Cover with cling film and chill for 30 minutes. Cover the remaining circles with cling film and chill.

**3** Meanwhile, heat the oil and sauté the onion, garlic, ginger and mushrooms for 11 minutes, stirring occasionally until golden and the liquid has evaporated. Add the korma paste and cook for 1 minute. Stir in the stock, yogurt, peas, lemon juice and coriander. Remove from the heat and allow to cool.

**4** Line the pastry cases with parchment paper and baking beans and bake blind for 10 minutes. Remove from the oven and discard the beans and paper. Allow the cases to cool.

**5** Divide the mushroom mixture between the cases. Brush the edges with beaten egg and top with the small rounds of pastry, making sure to seal the edges. Cut steam holes in the tops of each. Brush with beaten egg and bake for 15–20 minutes.

**6** Remove from the heat and allow to stand for 5 minutes, before serving with chutney and raita.

■ PER SERVING 647 cals, fat 44.5g, sat fat 16.5g, carbs 48.5g, sugars 18g, protein 13.5g, salt 2.5g, fibre 6.5g

## govegan

**V** Look for Jus-Rol pastry (but not the 'all butter' range) or check pastry packaging before buying. Plain soya yogurt can be used as a stand-in for Greek yogurt. Brush pastry edges with soya milk, pressing down firmly. Serve without raita or make your own, using the leftover soya yogurt.

## Spicy breadcrumb halloumi with pea and mint salsa

**Serves 4 | Prep 30 mins | Cook 20 mins**

**For the pea and mint salsa:**

200g frozen peas  
3 tbsp roughly chopped fresh mint  
3 tbsp chopped fresh basil  
2 tbsp Greek yogurt  
3 tbsp olive oil  
2 tbsp lemon juice

**For the halloumi:**

1–2 free-range eggs, beaten  
100g focaccia breadcrumbs  
1–1½ tbsp paprika  
2 tbsp sesame seeds  
pinch of cayenne  
2 x 250g packets vegetarian halloumi cheese, each cut into 8–10 slices  
2 tbsp olive oil

potato wedges, to serve



**1** To make the salsa, cook the peas in a pan of boiling water for about 5 minutes. Drain and refresh under cold running water. Transfer to a bowl and stir in the mint, basil, yogurt, oil and lemon juice. Set aside.

**2** To prepare the halloumi, place the egg in a bowl. Mix together the breadcrumbs, paprika, sesame seeds and cayenne pepper in a separate bowl. Dip each slice of halloumi cheese in the egg and then the breadcrumb mixture to coat evenly. Repeat with remaining slices.

**3** Heat the oil in a large pan and sauté the slices for about 4–5 minutes, turning once during cooking until golden. Serve with the pea salsa and potato wedges.

■ PER SERVING 933 cals, fat 58g, sat fat 26g, carbs 59.5g, sugars 9.5g, protein 45.5g, salt 4.1g, fibre 9.5g



## Squash and aubergine pasta bake \*

Serves 4 | Prep 20 mins | Cook 45 mins

4 tbsp olive oil  
600g squash, peeled and diced  
300g aubergine, diced  
2 cloves garlic, chopped  
2 tbsp chopped fresh sage  
275g tortiglioni pasta  
2 leeks, sliced lengthways  
1½ tbsp wholegrain mustard  
500ml single cream  
150g frozen soya beans  
100g breadcrumbs  
125g grated vegetarian Cheddar cheese

**1** Preheat the oven to 200C/fan 180C/gas 6. Toss together 2 tablespoons of the olive oil with the squash, aubergine, garlic and half the sage leaves in a roasting tin. Roast for 35 minutes, stirring occasionally during cooking. Remove from the heat and allow to cool slightly.

**2** Meanwhile, cook the pasta in a large pan of boiling water for about 9 minutes, until *al dente*. Drain and set aside.

**3** Heat the remaining oil in a pan and sauté the leeks for 8 minutes, until softened. Remove the pan from the heat and stir in the mustard, cream and beans until well blended. Bring back to the boil.

**4** Preheat the grill. Stir the pasta, squash mixture and pan juices and beans into the sauce. Transfer to a heatproof oven dish. Mix together the breadcrumbs, cheese and remaining sage. Sprinkle over the pasta and grill for about 8–10 minutes, until golden and bubbling.

■ PER SERVING 841 cals, fat 49.5g, sat fat 24g, carbs 73g, sugars 11.5g, protein 27.5g, salt 1.2g, fibre 13g

### go vegan

**V** It's dairy-free for the soya cream and cheese. 'Melting' vegan cheese will yield the best results on grilling.

## Vegetable hash with poached egg and pesto

Serves 4 | Prep 20 mins + cooling  
Cook 30 mins

300g baby new potatoes  
4 tbsp olive oil  
350g squash, peeled and diced  
2 red onions, sliced  
2 cloves garlic, chopped  
75g shredded kale  
4 medium tomatoes, deseeded and diced  
400g can cannellini beans, drained

3 tbsp roughly chopped fresh flat-leaf parsley  
4 free-range eggs  
vinegar  
good quality pesto, to serve

**1** Cook the potatoes in a pan of boiling water for about 10–15 minutes, until tender. Drain and allow to cool.

**2** Heat half the oil in a large pan and sauté the squash for about 15 minutes, until tender. Using a slotted spoon, transfer to a plate.

**3** Add the remaining oil to the pan and sauté the onions and potatoes for 6 minutes. Stir in the garlic and kale and sauté for a further

2–3 minutes. Add the tomatoes, cannellini beans, parsley and reserved squash and cook for 2–3 minutes, stirring occasionally, until heated through.

**4** Meanwhile, bring a pan of water to the boil. Add a spoonful of vinegar and then poach the eggs for 3–4 minutes, in batches if necessary. Using a slotted spoon, lift from the pan and drain.

**5** Divide the hash between plates and top with the poached eggs. Drizzle over the pesto and serve.

■ PER SERVING 438 cals, fat 27g, sat fat 4.5g, carbs 31.5g, sugars 10.5g, protein 16.5g, salt 0.7g, fibre 9.5g



SQUASH AND AUBERGINE PASTA BAKE





VEGETABLE HASH  
WITH POACHED  
EGG AND PESTO



LIME AND CHILLI  
TOFU WITH MIXED  
VEGETABLE RICE





## Lime and chilli tofu with mixed vegetable rice

**Serves 4**

**Prep 30 mins + marinating**

**Cook 18 mins**

396g packet tofu, drained  
5 cloves garlic, chopped  
2cm piece of fresh root ginger, grated  
5 tbsp hoisin sauce  
3 tbsp light soy sauce  
2 tbsp chilli sauce  
juice of 1 lime  
4 tbsp olive oil  
125g French beans, cut in half  
1 red chilli, finely chopped  
1 bunch of spring onions, sliced  
175g baby sweetcorn, halved lengthways and then in halves  
100g mangetout, shredded  
400g cooked brown rice  
1 tbsp toasted sesame oil  
2 tbsp soy sauce  
50g baby spinach leaves

**1** Cut the tofu in half lengthways and then cut into 16 slices. Mix together 3 of the garlic cloves, the ginger, hoisin sauce, light soy sauce, chilli sauce and lime juice. Add the tofu, turn to coat and leave to marinate for at least 30 minutes.

**2** Heat 2 tablespoons of the oil in a pan and stir-fry the French beans for 1 minute. Add the remaining garlic, the chilli and spring onions and stir-fry for 2 minutes. Add the sweetcorn and mangetout and stir-fry for another 2 minutes.

**3** Add the rice and stir-fry for 3 minutes, until heated through. Stir in the sesame oil, soy sauce and spinach leaves. Remove from the heat, cover and leave for 2 minutes.

**4** Meanwhile, drain the tofu, reserving the marinade. Heat the remaining oil in a pan or griddle and cook the tofu slices for about 8 minutes, turning occasionally until golden. Stir in the marinade and heat through.

**5** Divide the rice mixture between warm serving plates. Top with the tofu and any marinade, then serve straight away.

■ **PER SERVING** 404 cals, fat 19.5g, sat fat 2.5g, carbs 40.5g, sugars 10g, protein 16.5g, salt 3.1g, fibre 5.5g



SPICED CAULIFLOWER, LEEK AND CARROT NAAN PIZZAS

## Spiced cauliflower, leek and carrot naan pizzas

**Serves 4 | Prep 20 mins | Cook 36 mins**

4 tbsp olive oil  
16 small carrots  
350g cauliflower florets, cut into small pieces  
3 leeks, sliced  
1cm piece of fresh root ginger, chopped  
1 green chilli, deseeded and chopped  
2 cloves garlic, chopped  
1 tbsp ground cumin  
1 tbsp ground coriander  
4 garlic and coriander or peshwari naan  
100g paneer cheese, halved and sliced  
2 tbsp chopped fresh coriander  
natural yogurt, to serve (optional)

**1** Preheat the oven to 200C/fan 180C/gas 6. Toss together 2 tablespoons of the olive oil with the carrots in a

roasting tin. Roast for 30 minutes, turning once during cooking. Remove from the heat and allow to cool slightly.

**2** Meanwhile, heat the remaining oil and sauté the cauliflower for 7 minutes, stirring occasionally. Add the leeks and sauté for 3–4 minutes.

**3** Add the ginger, chilli and garlic and sauté for 3 minutes. Stir in the ground cumin and coriander and cook for 1 minute. Remove from the heat.

**4** Place 2 baking sheets in the oven for 5 minutes, to heat up. Remove from the oven, place the naan on the hot baking sheets and top with the cauliflower mixture and the carrots. Scatter over the paneer and bake for 6 minutes, until heated through.

**5** Scatter over the fresh coriander and serve with yogurt, if desired.

■ **PER SERVING** 631 cals, fat 30g, sat fat 10g, carbs 68g, sugars 13.5g, protein 23g, salt 1.5g, fibre 15g

### govegan

**V** Chopped firm tofu or any other vegan meat substitute should be used in place of the paneer cheese. Serve with a dairy-free plain yogurt, if you wish.





# FAIRTRADE MATTERS

***Raising awareness of buying ethically produced goods from overseas is as important as ever, discovers Jon Bennett, especially if you have a taste for global ingredients or superfoods that cannot be produced in the UK – or even if you just enjoy a cup of tea and a bar of chocolate.***

Have you ever wondered why you can't find the Fairtrade mark on some foods no matter how hard you look?

It's been 22 years since the first Fairtrade product was launched in Britain and research shows public awareness of the movement – essentially producers in developing countries being paid a fair price – is well above the global average among UK shoppers.

Products like bananas and coffee have become synonymous with the blue and green mark, but try to find it on other products and you can often draw a blank. For example, I drink vegetable juice every morning and use supplements like baobab powder, spirulina and matcha. All of them claim to be 'sourced ethically' but the blue and green mark is nowhere to be seen.

## Defining standards

'Oh, it can be incredibly complicated!' laughs Jenny File, product marketing manager for Traidcraft, one of the world's leading Fairtrade companies, when I ask her why

some of these supposed superfoods aren't carrying the mark.

'It's basically a game of catch-up. There are only certain ingredients that have defined Fairtrade standards applied to them and they are the ones allowed to have the mark. There are also lots of other ingredients that are produced according to Fairtrade standards, but there isn't an accepted criteria yet for judging them. This is often because the ingredients aren't well known enough and there isn't enough demand yet for them to have been evaluated. You can imagine there are a lot of commodities out there and resources are finite, so there are many products that won't have the mark yet.'

Jenny expects in a couple of decades consumers will see the Fairtrade mark used on products we would never expect to find it on currently.

'A lot of what we do as an organisation is work at developing the way we can look at commodities that currently don't have standards, but that in 10 or 20 years might

well do. So there are lots of ingredients out there that are produced according to Fairtrade standards. They just haven't been certified yet. Things like palm oil, rubber and charcoal are all good examples.'

Jenny points to the rubber gloves that Traidcraft already sell as being an indication of where the future might lie for Fairtrade. 'The rubber comes from Sri Lanka and we were approached by a company to work on creating a Fairtrade supply chain, and now they are able to produce rubber gloves and gardening gloves. We brand it as Traidcraft because there are no Fairtrade standards yet, but I expect that to change. I have heard there's a Fairtrade mobile phone in the pipeline and I think home appliances could be an interesting area for this too. It's certainly not just about food anymore.'

## Not just a sideshow

Tim Aldred is head of policy and public affairs at the Fairtrade Foundation, the UK body that forms part of the international



New products, such as quinoa, are becoming Fairtrade certified



## HOW TO SHOP FAIR

When buying Fairtrade, Jenny File from Traidcraft has the following tips:

### SHOP CAREFULLY

It's worth thinking about where you buy your Fairtrade products from. If you buy a Fairtrade-marked product in a supermarket then whatever profit there is on the sale goes to the supermarket. If you buy direct from a specialist Fairtrade retailer then you know the money goes back into the Fairtrade producers they're working with.

### LOOK OUT FOR COMPOSITE PRODUCTS

Traidcraft have developed a new line labelled as 'composite products' which will make it easier for consumers to purchase Fairtrade. They contain Fairtrade-marked ingredients, but they also have ingredients that are non-Fairtrade if they just aren't available on that basis.

### THINK ABOUT NON-FOOD PRODUCTS

It would make a huge impact if consumers start to support Fairtrade cleaning products. Traidcraft have launched an eco-friendly cleaning range, which is the first to focus on the impact of the products on people as well as the environment. They include ingredients like Fairtrade palm oil and coconut oil, and were launched two years ago.

network of Fairtrade organisations. He describes the acceptance of Fairtrade principles as 'remarkable' since the charity was founded in 1994, but says he expects it to become far more visible in the next couple of decades.

'When it began, Fairtrade was seen as niche and a bit of a sideshow. It's grown enormously since then: there's now £1.6 billion spent annually just in the UK, and it's become much more integrated into the consciousness of big brands.'

He says that what's particularly encouraging is the evidence that large companies now want to go beyond buying produce at a fair price and into a longer-term arrangement with farmers and cooperatives.

'Things have changed. Suppliers don't just want a Fairtrade stamp, they want partnerships that have real impact on the ground. What's happening now is that some banana or cocoa companies, for example, want to spend a lot more time on the ground and understand the ethical issues in the countries they're working in. What that means is they might be looking at issues of children's rights and women's rights, and investing in long-term programmes which we help them to work on.'



Zaytoon oils and spices support farmers in Palestine

*'Things have changed. Suppliers don't just want a Fairtrade stamp, they want partnerships that have real impact on the ground'*





More demand is needed for Fairtrade tea



Fairtrade was started in the 1980s to help coffee farmers

## Vote with your wallet

However, Tim stresses there is still a lot consumers could be doing now to have an immediate impact on the lives of millions of farmers. He highlights tea, cocoa and bananas as three obvious choices.

'It would be amazing if consumers bought more Fairtrade tea. It's grown in places like India, Kenya and Malawi and we know that once the farmers can sell on Fairtrade terms their lives are transformed. At the moment the demand just isn't there because consumers aren't saying we only want to have a Fairtrade tea. That means farmers might grow 10 tons of tea but only sell a ton on Fairtrade terms, and the rest of the crop they'll have to sell on the open market and the

price they'll get is obviously a lot worse. Consumers have to vote with their wallets.'

He says that consumer activism has been fundamental to the growth in Fairtrade, but stresses that people still have to lobby companies to bring about real change. 'Write to them. Companies really listen to consumer activism, that's why Fairtrade has got to where it is but we have to keep the pressure on. There has been huge public pressure, of course. Scotland and Wales have declared themselves Fairtrade countries and there are over a thousand Fairtrade towns. That's been hugely important because it's made companies realise the public want traded goods that don't exploit people.'

## THREE SIMPLE CHOICES

Tim Aldred says buying just three key Fairtrade ingredients can make a huge difference. Here's why we should all switch to Fairtrade tea, chocolate and bananas today.

### TEA

'It would make a massive difference if people thought they wouldn't drink non-Fairtrade tea, in the way many of us won't eat eggs that aren't free-range. The Fairtrade premium is so important to farmers' lives: it's used to do things like buying a stake in the factory that sells their tea, or to pay for schooling or healthcare. At the moment, these farmers only sell a limited amount on those terms because the demand for Fairtrade just isn't there; the rest of their crop has to be sold on the open market.'

### BANANAS

'Bananas are hugely important. The price has halved in our shops over the last 10 years, but on the ground the production costs have doubled. It's a massive squeeze and for non-Fairtrade farmers something is going to give – and that often means it's their kids' education or their living environment. Customers should support The Co-op, Waitrose and Sainsbury's, the only supermarkets to offer 100 per cent Fairtrade bananas.'



### CHOCOLATE

'It's very easy to find Fairtrade chocolate options – there's really no excuse for not buying them. In the Ivory Coast, where a lot of the cocoa comes from, the growers often live in desperate poverty, with some of them averaging a wage of only 30p a day.'



Fairtrade Fortnight runs from 29 February to 13 March and this year the campaign is urging everyone to 'Sit down for breakfast, stand up for farmers!' Find out more at [www.fairtrade.org.uk](http://www.fairtrade.org.uk).





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**Our new columnist Áine Carlin focuses on fun, flavour and fantastic food, revealing everything from brilliant baking tips to essential ingredients and simple switches that will transform your dairy-free cooking.**



# SOUP-UP YOUR GREENS

Soup is the ultimate comforter. So when February strikes, all I want to do is hide away with a warm bowl of something and try to ignore the usually hideous weather outside. With spring looming, though, I can't help but think I should be getting myself somewhat in shape (boring but true) and that usually means bringing out the big guns – namely kale, cavolo nero, spinach and rocket. Not necessarily in that order, but preferably all at once.

While I like to think my weekly veg intake is already reasonably impressive (show off, *moi?*), this soup has got to be one of the easiest (and tastiest) ways to get yer greens. We're talking a big-time vitamin boost with little-to-no effort – and what could be better at the tail-end of winter than a classic soup with a twist. And if you're wondering what the 'twist' is, let me direct you swiftly to the toppings. You see, in my opinion, soup is nothing without those all important add-ins – in this case, a generous scattering of za'atar-dusted squash as well as a crucial, texture-enhancing dollop of pesto. Both of which elevate this lush ladleful from pretty darn great to seriously, unequivocally moreish.

Technically speaking, this might just be an exercise in blended vegetables, but truthfully soup is so much more than that. At its best, it's a bowl of salvation at the end of a crappy day, at its worst, it's a limp tasteless liquid that doesn't even deserve to be consumed

(step away from the tin!). Thankfully, this souped-up 'three-green' variety falls firmly into the former category. Consider its crazy vibrant hue an added colourful bonus. Not too thick, not too thin with just the right amount of interest thanks to those sticky sweet cubes of squash, as well as an über simple pesto that could frankly be used on everything from pasta to toast.

It's officially time to put away the can opener... your soup salvation awaits.

## Three-green soup with za'atar roasted squash V \*

**Serves 3 | Prep 30 mins | Cook 40 mins**

**For the soup:**

- 1 tbsp olive oil
- 1 red onion, finely chopped
- 2 cloves garlic
- 2 small potatoes, peeled and chopped
- 70g cavolo nero or kale, roughly chopped
- 500ml water
- ½ vegetable stock cube
- salt and pepper
- 70g rocket
- 70g spinach

**For the squash:**

- ½ butternut squash
- 1 tbsp olive oil
- 1 heaped tsp za'atar
- pinch of chilli flakes
- salt and pepper

**For the coriander pesto:**

- 1 small clove garlic
- ¼ tsp salt
- 20g fresh coriander, roughly chopped
- 20g pine nuts
- juice ½ lemon
- 2–3 tbsp olive oil
- salt and pepper

TURN TO  
PAGE 32 TO TRY  
RECIPES FROM  
ÁINE'S NEW  
COOKBOOK!

**1** To begin, make the squash topping. Preheat the oven to 200C/fan 180C/gas 6. Toss the cubes of squash in the olive oil, za'atar and chilli flakes. Season generously and roast for around 40 minutes until soft.

**2** Meanwhile, for the soup, heat the olive oil in a large pan. Add the red onion, season and sweat until translucent. Grate the garlic into the pan and gently cook until the aromas begin to exude.

**3** Add the potatoes to the pan and stir to combine, then the add cavolo nero or kale. Cover with the water, add the stock cube, clamp on a lid and bring to a gentle simmer for around 15 minutes.

**4** Once the potatoes are cooked, add the rocket and spinach, cover and wilt for a few minutes. Transfer to a blender and blitz until completely smooth before returning to the pan. Keep warm on a gentle heat.

**5** To make the pesto, place the garlic and salt in a pestle and mortar, and pound to a fine paste before adding the coriander, pine nuts, lemon juice, olive oil and seasoning. Work the ingredients into a coarse paste, adding more oil for a runnier, more drizzle-like consistency.

**6** Divide the soup between three small bowls, garnish with the roasted squash and finish with a little pesto, drizzle of olive oil and optional sprinkling of chilli flakes and/or za'atar.

■ PER SERVING 296 cals, fat 22.5g, sat fat 3g, carbs 18.5g, sugars 8g, protein 6g, salt 3.2g, fibre 7g

*'Soup is nothing without those all-important add-ins: a generous scattering of za'atar-dusted squash as well as a dollop of pesto'*

### ABOUT ÁINE

Áine blogs about vegan food, fashion and lifestyle at [www.peasoupeats.com](http://www.peasoupeats.com). Her first cookbook, *Keep it Vegan*, was published in 2014, and her second – *The New Vegan* – is published by Kyle Books and is on sale now.







# ON THE ROAD AGAIN

INTERVIEW BY LINDSEY HARRAD

It's been a busy few years for Jackie Kearney since she appeared on *MasterChef*, but this vegetarian chef has just published her first cookbook, launched her own brand of vegan sauces and is preparing to set off on more travel and cooking adventures.

We first caught up with Jackie Kearney in 2011, fresh from her stint on the BBC's hugely popular *MasterChef* show, in which she came fourth, an especially impressive achievement for a vegetarian chef in a fine-dining world where meat has long been king. At the time, she was typically enthusiastic and full of plans for launching her new career in food, yet undeniably she was anxious about what the future might hold.

'I was right to be anxious back then because I wasn't a naïve 22-year-old, I was a 40-year-old with life experience and responsibilities,' laughs Jackie. 'I knew what I was taking on was hugely risky and I knew it was going to be tough, but honestly, I didn't realise just how tough it would be. As anyone who has done it will know, when you set up your own business you work long hours, feel stressed a lot and have a huge financial burden weighing on you. I'd gone from a

nice management job in the NHS living a comfortable lifestyle, to working 80-hour weeks on average. In my first year I lost loads of money, in the second I broke even, and going into the third I was thinking, "I can't keep this up". It wasn't fair on my family – or myself and my wellbeing.'

## New priorities

It was actually a health crisis that finally made Jackie stop and take stock of her life, when she was diagnosed with an incurable but manageable autoimmune thyroid disease in late 2012. 'I've had to make some massive lifestyle changes and I have to look after myself better now, but I'm coming out the other side and feeling much healthier and more positive.'

After spending 2012 going to festivals all over the country, driving and towing her iconic trailer *Barbarella* for hundreds of

miles and then cooking for 12 hours straight at each event, Jackie realised this lifestyle simply wasn't sustainable. 'Early in 2013 I noticed the back garden of the local pub – The Beech – which we go to occasionally and I just thought to myself 'they don't do food'. So I put an idea on paper and dropped it into the landlord – and I ended up serving food four days a week from *Barbarella* in the pub garden for a year. It was great because it allowed me to serve a restaurant-style menu and, because we have a thriving veggie and vegan community in Chorlton, the food went down very well. It was the perfect venue for me.'

In 2014, Jackie managed the *MasterChef* Street Food Bus, which toured the country serving food at everywhere from shopping centres to Cavendish Square in London, which proved to be huge fun and an opportunity make friends with other *MasterChef* contestants. But working on the bus also gave Jackie the chance to reflect on her priorities. 'Because I was so busy with the *MasterChef* bus, I had limited time to take on my own jobs, and I realised I had to be a lot more selective about which events I decided to do.'

## Far-flung travels

Four years down the line, Jackie believes all the ups and downs along the way have been an invaluable experience in developing herself as a chef and a businesswoman. Now living life at a less frenetic pace, she's finding more time to devote to her other passion – travel – which is the focus of her first cookbook, *Vegan Street Food*, inspired by a family gap year she and husband Lee took with their young twins before she even applied for *MasterChef*.

'When I first put the book proposal to an agent, she asked me if it was a travel book or a cookbook, and I wasn't absolutely sure



PHOTOGRAPH: LEE JAMES

PHOTOGRAPHY: CLARE WINFIELD





at the time,' she says. 'I didn't set out to write a cookbook at first. But customers were always asking me about where the dishes came from, or they'd be delighted to taste their favourite dish from a trip to Bangkok, or their mum's Punjabi food from home. My cooking did seem to evoke a lot of happy memories for people.'

Thanks to the popularity of *Vegan Street Food*, Jackie's found she can devote more time to travel and food writing, as well as developing her new range of vegan sauces. 'The book has been a godsend as it means I don't have to work 60-hour weeks in the kitchen to do what I love,' she says. 'My focus now is in developing my food writing career alongside my sauce products. It enables me to have a more balanced life, and I can continue doing private events, pop-ups and supper clubs from time to time too.'

Jackie's already working on her next book, due to be published in 2017. 'I can't say exactly what it's about at the moment, but it does involve more travel to interesting places, which is fantastic. It feels like it's the right time to hit the road again. We went to Singapore, Malaysia and Thailand at Christmas last year, and it just reminded me how much I enjoy travel, and it keeps my food fresh and exciting too.'

● Find out more about Jackie at [www.thehungrygecko.com](http://www.thehungrygecko.com).

## JACKIE'S ASIAN TOFU RECIPES

If you're never quite sure how to get the best from tofu, take inspiration from Jackie's recipes from her travels around Asia and the Far East.

### Sticky BBQ tofu skewers

We have had many stopovers in Bangkok over the years, where we have filled our days wandering around the streets and markets, visiting temples, eating and joining in celebrations. It's a great city: vibrant, diverse and colourful. One of my favourite celebrations in Thailand is the King's birthday on 5 December, when thousands of people take to the streets with their little candles. We ate some incredible street food that night, wandering around the Thieves Market. The most memorable was a skewer

STICKY BBQ TOFU SKEWERS



of sticky, spicy barbecued tofu with a banana leaf filled with sticky rice for mopping up a nutty, sweet-sour-salty dressing. This recipe is from my street food menu, which I serve with sticky rice and a mango and lime vegetable slaw (see recipe, page 53).

**Serves 6 | Prep 20 mins + marinating  
Cook 12 mins**

**6 large fresh red chillies, finely chopped or 6 large dried red chillies**  
**6 cloves garlic, finely chopped, or 1 tbsp garlic paste**  
**2.5cm piece of root ginger, peeled and finely chopped, or 1 tbsp ginger paste**

**½ tsp ground white pepper**  
**2 tbsp cooking sherry or Shaoxing**  
**2 tbsp vegan 'fish' sauce (see recipe, page 52)**  
**2 tbsp dark soy sauce**  
**4 tbsp agave syrup**  
**1 tbsp soft brown sugar**  
**½ bunch of fresh coriander, leaves and stems chopped**  
**36 tofu puffs (see page 52)**  
**sea salt**

**1** Soak 12 bamboo skewers in cold water. Grease a baking sheet. If using dried chillies, put them in a bowl and cover with hot water. Leave them to soak for 30 minutes, then, wearing



gloves, squeeze out the excess liquid. Chop the chillies.

**2** In a large bowl, add the chopped fresh or soaked chillies and all the remaining ingredients, except the tofu puffs. Mix well until all the sugar has dissolved. Check the seasoning and add salt to taste.

**3** Put the tofu puffs in the bowl and stir to coat in the marinade. Set aside for at least 1 hour or preferably overnight.

**4** Preheat the grill to high. Skewer 3 pieces of puff on to each bamboo skewer. Lay the skewers on the prepared baking sheet and put under the grill. Grill, turning occasionally, for 10–12 minutes or until golden brown and crispy on the outside.

**5** Serve two or three skewers per person with a little pot of peanut and cucumber dipping sauce and some nam prik pao. You can also serve them with sticky rice and my mango and lime slaw (see recipe, opposite).

■ PER SERVING 199 cals, fat 7.5g, sat fat 0g, carbs 19.5g, sugars 18g, protein 11.5g, salt 2.4g, fibre 0.5g

## Fried tofu puffs

Tofu puffs are simply deep-fried cubes or triangles of medium or firm tofu, cooked until golden brown. The oil must be hot so as not to make the tofu greasy, and the pieces drained well on paper towels. The tofu pieces can also be lightly coated in cornstarch before frying to obtain a crispier texture. Once cooled these puffs can be refrigerated for up to a week (or frozen). You can also buy these pre-prepared at a Chinese supermarket in the fridge section, and they are suitable for home freezing.

## Vegan 'fish' sauce

**50g seaweed (such as laver, dulse or arame)**  
**500ml light soy sauce or tamari**  
**8 black peppercorns**  
**2 cloves garlic, peeled**  
**1 dried Chinese or shiitake mushroom**

**1** Add 500ml water to a pan and add the dried seaweed. Bring to the boil and then simmer for 30–40 minutes, until the water has reduced by more than half. Let stand for 1 hour.

**2** Strain the mixture, reserving the liquid in another bowl. Rinse the pan and add the soy sauce or tamari, then add the peppercorns, garlic and dried mushroom. Bring to a simmer, and add the seaweed reduction. Simmer for 30–40 minutes, until the mixture has reduced to less than half again. Strain and store in a sterilised glass bottle in the fridge, until needed.



MARMALADE TOFU WITH CHILLI AND CASHEWS

## Marmalade tofu with chilli and cashews

Thai oranges are sweeter and less acidic than their European counterparts, and there's really nothing quite like the freshly squeezed juice that's readily available from street vendors everywhere. We first came across a version of this dish, based on Thai orange chicken, in a little café called Cha Chai in Koh Phayam, a relatively undeveloped island near the Burmese border. My recipe is easy and quick to make, so perfect for a midweek dinner. You can also use a vegan chicken substitute instead of tofu, and I recommend using a good quality marmalade.

**Serves 4 | Prep 10 mins + soaking**  
**Cook 20 mins**

**60g cashew nuts (whole or broken)**  
**8–16 dried chillies (the fat, red variety, to taste), soaked in boiling water for 30 minutes, then drained**  
**2 tbsp vegetable oil**  
**400g firm tofu or vegan chicken substitute, cut into 1–2cm cubes**  
**2 large cloves garlic, chopped**  
**1 tbsp finely chopped root ginger or ginger paste**  
**2–3 tbsp good quality marmalade**

**2 tbsp light soy sauce**  
**steamed rice, to serve**

**1** Toast the nuts in a dry frying pan or wok for 4–5 minutes, tossing them gently, until they start to brown, then set aside.

**2** Roughly tear the soaked chillies. The seeds can easily be separated at this stage, so only keep a few seeds so the dish is not too spicy but has lots of flavour. Set aside.

**3** Add 1 tablespoon of vegetable oil to the pan and fry the tofu pieces over medium heat until brown and starting to crisp on all sides, then set aside. (Alternatively, preheat the oven to 190C/fan 170C/gas 5, place the tofu pieces on a well-oiled baking sheet and bake for 10–15 minutes. I prefer this method as it produces a crispier texture.)

**4** Add the remaining vegetable oil to the pan, add the garlic and ginger and fry gently for about 5–7 minutes until golden brown. Add the tofu, nuts, chillies, marmalade, soy sauce and 4 tablespoons of water.

**5** Bring to a simmer and cook for 2–3 minutes more. Add a little more water if the dish gets too dry, and to create more sauce. Serve immediately with steamed rice.

■ PER SERVING 543 cals, fat 18.5g, sat fat 2.5g, carbs 75.5g, sugars 19.5g, protein 19.5g, salt 1.3g, fibre 2g



## Mango and lime vegetable slaw

This zingy vegetable salad makes a great accompaniment to lots of spicy dishes, but mangoes and limes will always remind me of South India more than anywhere else in Asia. Serve this with any curry or spicy snack, or as part of a South Indian thali platter.

**Serves 6 | Prep 10 mins**

grated zest of 1 unwaxed lime and  
freshly squeezed juice of 4 limes  
250ml mango pulp or purée  
1 tbsp tamari, or light soy sauce  
¼ tsp salt, or to taste  
1 tsp sugar (optional)

½ red cabbage, thinly sliced  
½ white cabbage, thinly sliced  
3 carrots, grated  
small handful of fresh mint leaves,  
finely chopped (optional)

**1** Put the lime zest and juice in a large bowl. Add the mango pulp to the bowl with the tamari, salt and sugar, if using – omit if the mango

purée is sweetened. Whisk together. Ensure the sugar is dissolved, then check the seasoning.

**2** Add the shredded vegetables to the bowl, and stir the dressing through to ensure everything is well coated. Stir in the mint and serve.

■ PER SERVING 66 cals, fat 0.5g, sat fat 0g, carbs 14g, sugars 13.5g, protein 2g, salt 0.7g, fibre 5.5g





## Nasi goreng

This is one of the best-selling dishes on my street food menu. It is to Indonesia what pad Thai is to Thailand. Possibly their best-known national dish, it's great for using up leftover rice and vegetables. Traditionally, it is served with a fried egg or omelette. Tofu can be crumbled in when frying the rice (as with the pad Thai), but I prefer to make crispy baked tofu pieces and add them with any seasonal vegetables. The roasted vegetables add taste here, but you can omit them if time is short. For this dish, firm tofu needs to be frozen and then defrosted, which changes the texture and makes it firmer and crispier when baked.

**Serves 4 | Prep 30 mins | Cook 55 mins**

1 aubergine, cut into bite-sized pieces  
½ butternut squash, peeled, deseeded and cut into bite-sized pieces

1 tbsp sesame oil

1 small red onion, chopped

300g mixture of seasonal quick-cook vegetables, such as mushrooms, carrots, green beans, cut into bite-sized pieces

220g basmati rice, cooked, cooled and chilled in the fridge overnight

handful of fresh coriander leaves, sliced red chillies, and 2 sliced spring onions (optional), to garnish  
lime wedges (optional), to serve

**For the ginger-baked tofu:**

400g firm tofu, frozen and defrosted  
2 tbsp ginger paste, or 6cm piece of root ginger, finely chopped and blended with oil  
salt

**For the stir-fry sauce:**

2–4 large red chillies, to taste, trimmed

4 cloves garlic, unpeeled

5cm piece of root ginger, or 1 tbsp ginger paste

3–4 tsp soft brown sugar, to taste

2 tbsp soy sauce

1 tbsp hot chilli sauce (such as sriracha)

**1** Preheat the oven to 220C/fan 200C/gas 7. Grease 3 baking sheets.

**2** For the sauce, put the chillies on a prepared baking sheet and bake for 10 minutes, then add the unpeeled garlic cloves and root ginger (not the paste, if using) and bake for a further 5–6 minutes until the garlic is golden

and sticky and the chillies are starting to blacken. Put the sugar, soy sauce and chilli sauce in a food processor or blender with the baked chillies, garlic and ginger. Process until smooth, then set aside.

**3** Reduce the oven to 180C/fan 160C/gas 4.

**4** Meanwhile, to make the ginger-baked tofu, squeeze out any excess water from the defrosted tofu and cut it into 2cm cubes. Spread out on another baking sheet and rub with the ginger paste. Season generously with salt and bake for 15–20 minutes until golden and crispy. Set aside.

**5** Place the aubergine and butternut squash pieces on to the third prepared baking sheet and cook in the oven for 20–30 minutes, until softened, golden brown and crispy on the edges.

**6** Heat the sesame oil in a wok or large pan and cook the onion until starting to soften, then add the quick-cook

vegetables. Cook for 2–3 minutes, then add the sauce (for a less spicy dish, use only half the sauce). Cook for 2–3 minutes.

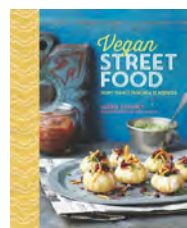
**7** Add the cooked rice, baked tofu pieces and baked aubergine and butternut squash, then stir well to ensure the rice gets well coated. Stir-fry for about 2–3 minutes more until piping hot. Serve with a scattering of fresh coriander leaves, chillies and spring onions.

■ PER SERVING 311 cals, fat 8.5g, sat fat 1g, carbs 46g, sugars 27g, protein 14g, salt 1.2g, fibre 7g

Recipes adapted from *Vegan Street Food* by Jackie Kearney (Ryland Peters & Small, £16.99). Photography by Clare Winfield.



NASI GORENG



## STREET SAVVY

Vegetarian Living readers can buy *Vegan Street Food* for the special price of £11.99, including p&p. To order, call 01256 302699 quoting reference EA7.







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# Super slimming soups

Switch sandwiches for skinny soups at lunchtime and you'll soon be feeling more energised. Our quick and easy recipes are bursting with fresh flavours and are all under 300 calories!

## Sweet potato, sumac and pomegranate soup with roasted peanuts, coriander and lime

Sometimes sweet potato soup can be a little too sweet, but not here – teamed with citrusy sumac, sour pomegranate, aromatic coriander and crunchy roasted peanuts, it's what a bowl of fun should look like!

**Serves 4 | Prep 10 mins | Cook 25 mins**

1 medium onion, roughly chopped  
2 cloves garlic, roughly chopped  
1 red chilli, deseeded and roughly chopped  
1 tsp sumac  
½ tbsp coconut oil  
400g sweet potatoes, peeled and roughly chopped into 2cm cubes  
3–4 vine tomatoes, about 300g, roughly chopped  
850ml vegetable stock  
1½ tbsp pomegranate molasses

**To garnish:**  
small bunch of fresh coriander leaves  
30g roasted salted peanuts, roughly chopped  
seeds from ½ pomegranate  
a few pinches of sumac  
1 lime, cut into 4 wedges

**1** Sauté the onion, garlic, chilli and sumac in the coconut oil and 1 tablespoon of water until soft and translucent – about 5 minutes.

**2** Add the sweet potatoes, tomatoes and stock, bring to the boil and then simmer with the lid on for about 20 minutes, until the potatoes are tender. Leave to cool a little before adding the pomegranate molasses. Blend until silky smooth and season.

**3** Garnish with a small bunch of fresh coriander, some chopped peanuts, pomegranate seeds, a sprinkling of sumac and a wedge of lime.

■ **PER SERVING** 213 cals, fat 6g, sat fat 2g, carbs 32g, sugars 16g, protein 5g, salt 0.2g, fibre 6g

PHOTOGRAPHY: LAURA EDWARDS



SWEET POTATO, SUMAC  
AND POMEGRANATE  
SOUP WITH ROASTED  
PEANUTS, CORIANDER  
AND LIME







ROASTED RED  
PEPPER, CHICKPEA  
AND HERB SOUP

## Roasted red pepper, chickpea and herb soup

Many of the ingredients in this soup can be kept in your storecupboard for when you need a convenient and tasty supper. Only buy roasted red peppers preserved in water and vinegar, not oil, and splash out on a good quality jar. Remember, they are the hero of your soup, and cheaper versions can have an almost unpalatable vinegary flavour.

**Serves 4 | Prep 10 mins | Cook 15 mins**

680ml passata  
1 vegetable stock cube

1 small red onion, finely chopped  
2 cloves garlic, finely chopped  
1 medium red pepper, diced  
½ tsp smoked paprika  
½ tbsp olive oil  
450g jar roasted red peppers, drained and chopped into bite-sized pieces  
400g can chickpeas, drained and rinsed  
salt and pepper  
large bunch of basil, roughly chopped  
2 sprigs of thyme, leaves picked  
2 sprigs marjoram, leaves picked and chopped

**1** Place the passata, stock cube and 200ml water in a small saucepan

and bring to the boil.

**2** Meanwhile, in another saucepan, sauté the red onion, garlic, red pepper and smoked paprika in the oil and 1 tablespoon of water, for 5 minutes. Add more water if the mixture sticks to the pan.

**3** Add the roasted red peppers, chickpeas and boiling passata. Simmer for 10 minutes.

**4** When ready, season with salt if you feel you need it (you may not after using the stock cube) and lots of black pepper. Stir in the herbs and serve.

■ PER SERVING 222 cals, fat 10g, sat fat 0.6g, carbs 22g, sugars 7.5g, protein 8g, salt 1.9g, fibre 10g



## The hangover soup

Marmite and Worcestershire sauce add salty notes while Tabasco sauce introduces some spice to cleanse from the inside out. Rehydrating, comforting and nutritious – a whole new kind of cure!

**Serves 4 | Prep 10 mins | Cook 40 mins**

400g cherry tomatoes  
1 tbsp Tabasco sauce, plus extra to serve  
salt and pepper  
1 small onion, halved and thinly sliced  
1 clove garlic, finely chopped  
3 tbsp vegetarian Worcestershire sauce  
250g portobello mushrooms, roughly chopped  
750ml mushroom stock (see recipe, below)  
400g canned haricot beans, drained and rinsed (240g drained weight)  
1 tsp Marmite  
small bunch of parsley, roughly chopped

**1** Preheat the oven to 240C/fan 220C/gas 9. Place half of the cherry tomatoes in a small roasting dish with the Tabasco sauce, a pinch of salt and a generous grinding of pepper. Roast for 15 minutes.

**2** Sauté the onion and garlic on a low heat in 1 tablespoon of Worcestershire sauce and 2 tablespoons of water, stirring regularly to prevent them catching and burning. Add more water if necessary.

**3** After about 10 minutes, when nicely browned and caramelised, add the mushrooms and remaining tomatoes and cook for a further 3–4 minutes. Add the stock and haricot beans, bring to the boil and cook for 15–20 minutes.

**4** Season with the remaining Worcestershire sauce and the Marmite, and pepper if needed. Serve topped with the Tabasco-roasted tomatoes, some chopped parsley and Tabasco sauce on the side for an added kick!

**COOK'S TIP** Not all Worcestershire sauce brands are veggie – read the label before you buy.

■ PER SERVING 146 cals, fat 1.5g, sat fat 0.4g, carbs 17.5g, sugars 7g, protein 10g, salt 1.7g, fibre 7.5g



## Homemade mushroom stock

Feel free to experiment with different types of mushrooms – dried wild mushrooms will create an even richer flavour.

**Makes approx. 1½–1¾ litres**

800g chestnut mushrooms, quartered  
1 small onion, quartered  
2 carrots, roughly chopped  
2 cloves garlic, peeled

Place all of the ingredients into a stockpot with 2 litres of water. Bring to the boil, reduce to a simmer and cook for 1 hour. Strain immediately. The stock will keep in the fridge for up to 3 days and freezes well.



Recipes adapted from *Skinny Soups* by Kathryn Bruton (Kyle Books, £14.99). Photography by Laura Edwards.





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VANILLA  
PANCAKES  
WITH ROASTED  
BANANAS AND  
CAJETA SAUCE

PAGE 66

PHOTOGRAPH: RICHARD JUNG



# COOKING FOR A CROWD

Impress your friends with a menu that's both ethical and delicious, and do Shrove Tuesday in style with Mexican-inspired pancakes.





*Inspired by ethically sourced, sustainable ingredients, broadcaster and food writer Vanessa Kimbell's simple, unfussy menu reveals how what you cook can make a real difference to those who produce it and to the environment.*

# Thoughtful food for friends

## Don't-waste-me-because-I'm-ripe guacamole

Often you have to buy an avocado a little on the hard side and put it in the fruit bowl to ripen. If you leave it too long and miss that day when it is ripe yet still firm, you go past that perfect moment. When you consider what has gone into providing you with your avocado – the energy to make fertiliser to feed the tree, the hands that picked and packed it – and the carbon-cost of transporting it thousands of miles, it is worth taking a moment to check if it really has gone too far to be eaten or if you have caught it at the very moment it will make perfect guacamole.

**Serves 4 | Prep 15 mins**

**3 ripe avocados**  
**½ tsp fine sea salt**  
**juice of 1 fresh lime or small lemon**  
**1 spring onion, thinly sliced**  
**small bunch of fresh coriander, leaves finely chopped**  
**freshly ground black pepper**  
**pinch of smoked paprika**  
**1 red chilli, stems and seeds removed, minced, plus extra to garnish**  
**1 ripe tomato, seeds and pulp removed, chopped**

**1** Halve the avocados, peel them and remove the stones. Trim off any brown bits and, using a fork, roughly mash the flesh in a bowl, but be careful not to overdo it: there is joy in the chunks.

**2** Sprinkle with the salt and lime or lemon juice. Add the spring onion and coriander (reserving a few leaves to

serve), a few twists of black pepper, the smoked paprika and chilli. Stir. Refrigerate until needed.

**3** Remove from the fridge about 30 minutes before serving as this improves the flavour. When you're ready, stir in the tomato (leaving that step until now prevents the tomato softening in the lemon juice and keeps the texture firmer). Delicious served with warm flatbreads.

■ **PER SERVING** 221 cals, fat 22g, sat fat 4.5g, carbs 3g, sugars 1.5g, protein 3g, salt 0.8g, fibre 5.5g

## Feet-in-the-soil orange, lemon and dill butternut squash lasagne

This sunny Caribbean-flavoured recipe is such a cheery dish. Layers of orange butternut squash, bright green spinach and creamy nutmeg-infused coconut sauce, all topped with crunchy sourdough breadcrumbs. The butternut squash, wheat, herbs and spinach I used in this recipe came straight from the ground, organically grown and sustainably cultivated; the coconut, nutmeg, oranges and lemons from trees, which in turn had their roots in the soil. This is the earth that sustains us.

**Serves 6**  
**Prep 35 mins**  
**Cook 1 hr 20 mins**

**For the butternut squash:**  
**3 tbsp coconut oil**  
**1kg peeled butternut squash, cut into 4cm cubes**



DON'T-WASTE-ME-  
BECAUSE-I'M-RIPE  
GUACAMOLE

**4 sprigs of rosemary, finely chopped**  
**finely grated zest of 2 large unwaxed lemons**  
**1 tsp sea salt**

**For the coconut sauce:**  
**50g coconut oil**  
**50g plain flour**  
**400ml can coconut milk**  
**1 tsp freshly grated nutmeg**  
**sea salt and freshly ground black pepper**



To assemble the lasagne:

9 large lasagne sheets  
sea salt and olive oil  
100g spinach leaves, roughly chopped  
large handful of fresh parsley, chopped  
500g ricotta cheese, crumbled  
freshly ground black pepper

For the breadcrumb topping:

75g strong hard Parmesan-style vegetarian cheese  
75g sourdough breadcrumbs  
2 cloves garlic, peeled and finely chopped  
finely grated zest of 1 orange  
handful of fresh dill, chopped

**1** Preheat the oven to 180C/fan 160C/gas 4.

**2** Put the coconut oil in a large shallow roasting tray in the oven for 1 minute to warm. Then add the butternut squash, rosemary, lemon zest and salt. Toss the squash in the oil and roast for 30–40 minutes or until it is very tender when poked with a fork. Remove from the oven (switch the oven off), mash, and set aside.

**3** Next, make the coconut sauce. Mix together the coconut oil and flour in a saucepan. Cook over a medium heat for 2 minutes, stirring often. Add the coconut milk a little at a time, mixing until you have a smooth sauce. Stir in the nutmeg with salt and black pepper to taste, then set aside.

**4** Cook the lasagne sheets for 5 minutes in a large pan of salted boiling water with a tablespoon of olive oil, until the sheets have softened. Drain the sheets and drizzle with olive oil so they don't stick together while cooling.

**5** Preheat the oven to 180C/fan 160C/gas 4. Finally, assemble the lasagne. Layer about one-third of the butternut squash into a deep 20cm x 27cm dish, followed by one-third of the spinach leaves, one-third of the ricotta and a good grind of black pepper, then 3 lasagne sheets followed by a thin layer of coconut sauce. Repeat this layering twice more.

**6** To finish, spoon over the remaining coconut sauce. Mix the breadcrumb topping ingredients together in a bowl and spread the mixture in an even layer over the top of the white sauce. Bake for 30–40 minutes or until piping hot and golden.

■ PER SERVING 626 cals, fat 39.5g, sat fat 30g, carbs 48.5g, sugars 10.5g, protein 20.5g, salt 2.6g, fibre 6.5g



FEET-IN-THE-SOIL ORANGE, LEMON AND DILL BUTTERNUT SQUASH LASAGNE

*'We can all change the world one bite at a time: the decisions we make about the food we buy and eat can, collectively, have a huge impact not just on our own lives, but on people sometimes hundreds or even thousands of miles away'*

## THE GOOD EARTH

Chefs will tell you that good food starts with good ingredients. But the truth is, it starts before the food is even grown: with good soil. Our ingredients come from the earth, yet it's a connection that all too often we forget: the soil makes the food. As a gardener I am reminded of the relationship we have with our

planet when I sow seeds or plant cuttings. Healthy soil means healthy plants. And in turn, healthy plants make healthy people. The task we all have is to work towards the earth being healthy, not polluted with chemicals or plastic waste, because the health of our planet will in the end determine our future.



## A very ethical and extremely delicious chocolate cake

This chocolate cake is not just easy to make: it's also delectable, and 'just'. This cake is where all my principles meet. Made with Mott Green's melted zero-carbon Grenada chocolate, Ndali's intense organic Fairtrade vanilla powder and Fairtrade sugar from small producers, as well as heritage flour from my local farmers grown without pesticides or chemical fertilisers, and eggs collected warm this morning from my own chickens. It is a slice of pure chocolatey fairness, and the result is magic.

**Serves 12 | Prep 30 mins**

**Cook 55 mins**

100g dark chocolate (approx. 85% cocoa solids)

250g unsalted butter, plus extra for greasing

125 caster sugar

125g dark muscovado sugar

4 large free-range eggs

1 tsp baking powder

60g cocoa powder

175g plain flour (I like to use a heritage grain such as Rivet, Einkorn or Emmer), plus extra for dusting

pinch of sea salt

1 tsp grated nutmeg

1 tsp vanilla powder

3 tbsp rapeseed oil

50g white chocolate

50g dark chocolate (approx. 70% cocoa solids)

**1** Preheat the oven to 150C/fan 130C/gas 2. Grease and flour a 23cm round cake tin.

**2** Break the dark chocolate into pieces and melt it gently in a heatproof bowl over a pan of simmering water, making sure the base of the bowl does not touch the water, then leave to cool slightly.

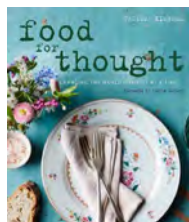
**3** In a large bowl, cream the butter, caster and muscovado sugars together. Stir in the melted chocolate, making sure it's not too hot or it will melt the butter. Add the eggs and mix well. Sift the remaining dry ingredients together and add them to the mixture.

**4** Beat with an electric hand-held mixer on full power for about 5 minutes, mixing the oil in completely just before you finish, and transfer to the prepared baking tin.

**5** Cover with tin foil and bake for 25 minutes, then remove the foil and bake for a further 25–30 minutes. This long, slow, gentle bake ensures that the cake does not burn and almost 'sets'. Please don't overbake it. Leave the cake to cool in the tin.

**6** To serve, melt the white chocolate and dark chocolate separately in heatproof bowls over a pan of simmering water. Do not allow the water to touch the base of the bowl, but let the steam warm the base and stir gently until the chocolate is melted. Drizzle the melted chocolate in a zigzag pattern over the cake and serve.

■ PER SERVING 445 cals, fat 28.5g, sat fat 15.5g, carbs 42.5g, sugars 30.5g, protein 5.5g, salt 0.4g, fibre 2g



Recipes adapted from *Food for Thought* by Vanessa Kimbell (Kyle Books, £15.99). Photography by Laura Edwards.

## WHY PAY MORE FOR FAIRTRADE?

A recent report by the Fairtrade Foundation found that over 50 million people who depend on growing cocoa for their livelihoods, particularly in West Africa, survive on no more than \$2 a day; and most cocoa farmers never get a fair price for what they grow. The business model for the majority of the chocolate that we eat means that most of the value from the cocoa trade is attached to the processing of cocoa in the West, and cocoa farmers typically receive just a fraction of the retail price paid by consumers.







A VERY ETHICAL AND  
EXTREMELY DELICIOUS  
CHOCOLATE CAKE



# PANCAKE PERFECTION

***On 9 February many of us will be rustling up a batch of pancakes, but if you fancy something a little different to the basic British variety with lemon and sugar, why not take them to a new level with roasted bananas and Mexico's famous cajeta sauce.***

## Vanilla pancakes with roasted bananas and cajeta sauce

**Serves 4 | Prep 10 mins + resting  
Cook 10 mins**

150g plain flour  
1 tbsp caster sugar  
4 free-range eggs  
1 vanilla pod or 1 tsp vanilla extract  
150ml whipping cream  
150ml full-fat milk  
vegetable oil, for frying  
25g unsalted butter  
4 bananas, peeled and halved lengthways  
2 tbsp icing sugar  
125ml cajeta sauce (see recipe, right)  
natural yogurt, to serve (optional)

**1** Sift the flour into a bowl, stir in the caster sugar and eggs and mix well.

**2** Split the vanilla pod lengthways and scrape out the seeds. Add the seeds, cream and milk to the bowl and mix well to form a smooth batter. Leave to rest for 1 hour.

**3** Heat a little oil in a large, non-stick frying pan. Using a 5cm diameter ladle, spoon some of the batter in heaps around the pan, far enough apart to ensure they will not touch each other as they spread.

**4** Cook until just golden round the edges – about 1 minute – then flip each pancake over and cook on the other side for a further minute, until golden. Remove from the pan and keep warm. Repeat until all the batter is used up, making 8 pancakes in total.

**5** Meanwhile, heat the butter in another frying pan and add the bananas. Dust with icing sugar and cook until golden and caramelised.

**6** Place 2 banana halves between 2 pancakes on each serving plate. Pour over a little cajeta and top with a dollop of yogurt, if using.

■ PER SERVING 773 cals, fat 45g, sat fat 20.5g, carbs 76.5g, sugars 45g, protein 16.5g, salt 0.4g, fibre 3g

## CAJETA SAUCE

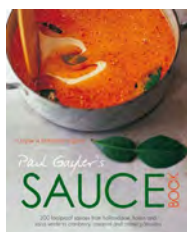
**Makes 750ml**

750ml goat's (or sheep's) milk  
75g granulated sugar  
250ml whipping cream  
1 fat stick of cinnamon  
50g chilled unsalted butter, cut into small pieces

**1** Put the milk, sugar, cream and cinnamon stick in a wide, heavy-based pan and bring to the boil.

**2** Remove the cinnamon, lower the heat and simmer gently for about 2 hours. It will go through varying colour changes in this time, from light to dark caramel.

**3** Remove from the heat and whisk in the butter. Serve warm or leave to cool. The sauce will keep in a sealed jar in the fridge for 2 weeks.



Recipe adapted from *Paul Gayler's Sauce Book* by Paul Gayler (Kyle Books, £16.99).  
Photography by Richard Jung.





VANILLA PANCAKES  
WITH ROASTED  
BANANAS AND  
CAJETA SAUCE





PHOTOGRAPH: SHUTTERSTOCK.COM

# A bowl of batter

***Almost every food culture has its own creations made from batter, from French crêpes to Jewish latkes and American popovers. With a myriad ways to waffle, fritter and fry some tasty brunch favourites, it's just as easy to make them all vegan too, says Sarah Beattie.***

It's February – and that means getting battered. This year Pancake Day falls on 9 February – the date moves depending on the timing of Easter. In France, where I live, pancakes are dished up at Candlemas, known as Chandeleur, which, because it's tied to Christmas, doesn't alter: it's always 2 February. Shrove Tuesday – or Pancake Day – was the day to eat up your milk, eggs and butter before the privations and fasting of Lent began. But what if you've given these ingredients up because you're vegan? Fortunately, there are many versions of crêpes and pancakes from around the world that are vegan-friendly.

The simplest batter for fritters or for coating, before deep- or shallow-frying, is made with seasoned flour and water. Just mix in enough liquid to make a smooth batter with the consistency of cream. You can vary the texture and flavour of the batter by using different liquids: lemonade, soya or nut milks, wine, beer, cider or juices. If you want a dessert, try adding a little sweetness or spice – cardamom, cinnamon or ginger. For savoury batters, think of herbs, chillies, peppers and seeds.

Pancakes can also be made with vegetables: cooked and mashed or raw and grated. Jewish latkes, usually fashioned from shredded potato and onion, can be cooked with beetroot, sweet potato or carrot, replacing the usual egg with soya

flour or oatmeal (see Rachel Demuth's recipe on page 23). Mashed banana will also hold a pancake batter together instead of egg and a spicy version can be used to eat with curries in place of chapattis, or for a sweet variety, stack with chocolate nibs, pistachios and syrup.

In Indonesia, you'll find pancakes made with rice flour and coconut milk. In Thailand, these are cooked thicker, more like a Yorkshire pudding/custard hybrid. Blending tinned sweetcorn with soya milk and flour will give you a batter that can be used not only for pancakes but, with the addition of bicarbonate of soda and some chopped jalapeño chilli and spring onion, can be baked for popovers, an American favourite. Johnnycakes from New England are made from corn too, but cornmeal (polenta) mixed with hot water (or use soya milk) and fried on a griddle.

Play with the flours that you use. Gram flour, made from chickpeas, is often used for bhajis and pakora. Rice, ground and fermented, is used for dosas, the bowl-shaped South Indian pancakes. Buckwheat flour, also sold as *blé noir* or *sarrasin* flour, is traditionally used in Brittany and Normandy for galettes: thin almost lacy crêpes, folded around savoury fillings or stuffed with cidery stewed apples and salted caramel. It is also used for the Russian and Eastern European staple, blinis.

I cooked this month's blini recipe in a waffle iron to be cut into heart-shapes, so you could serve them for a Valentine's brunch. Alternatively, cook on a greased griddle or in a heavy-based frying pan – with or without rings to shape the blinis. They can also happily be cooked in advance and reheated.

Blinis are normally served with lots of different contrasting toppings, so you can help yourself and pile them on. Choose whatever fillings you like, there's no need to stick to my suggestions – try beetroot hummus or dill-pickled cucumber, tofu turmeric scramble or creamy garlic mushrooms.

## ABOUT SARAH

*A Vegetarian Living* regular, Sarah is the author of seven cookbooks. She has been vegetarian since she was 17 and revels in the pleasure of good food through the alchemy of cooking. She has appeared on *BBC Food & Drink*, *This Morning* and *Woman's Hour* and has been shortlisted for the prestigious Guild of Food Writers Cookery Journalist of the Year award in 2013 and 2015.

FOLLOW ON TWITTER @sarahbeattiegra



PHOTOGRAPH: LILLIRU





PHOTOGRAPH: SARAH BEATTIE 2016

## Blini brunch

**Serves 4 | Prep 20 mins + proving  
Cook 30 mins**

100g buckwheat flour  
200g plain flour  
2 tsp instant dried yeast  
350ml almond milk, at room temperature  
2 tbsp oil  
1 tsp salt

**For the guacamole topping:**

1 large ripe avocado  
squeeze of lime  
1 clove garlic  
salt and pepper

**For the sticky onion topping:**

1 tbsp sesame oil  
1 large red onion, thinly sliced  
1 tbsp maple syrup

baba ghanoush (see recipe, right)  
some pomegranate seeds to scatter over  
(optional)

**1** Sift both flours into a large bowl and stir in the yeast. Gradually mix in the almond milk, beating well. Cover and leave in a warm place until the mixture has almost doubled in size.

**2** Beat the mixture again, then beat in the oil and a pinch of salt.

**3** Heat a greased waffle iron. Spoon a couple of tablespoons of mixture into the waffle iron, gently spreading it out with the back of the spoon. Close the waffle iron and cook for 3–4 minutes on a moderate heat. Repeat with the rest of the mixture, keeping the first blinis warm in a clean tea towel. (Alternatively, cook on a griddle or in a frying pan.)

**4** To make the guacamole topping, halve, stone and peel the avocado. Mash with a little lime juice and grated garlic, to taste. Season with salt and pepper.

**5** For the sticky onion topping, heat the sesame oil and fry the onion quickly until softening. Add the maple syrup and cook, stirring, until the sugars in the syrup start to caramelise – the scent of it will tell you when to stop cooking. Sprinkle with a pinch of salt.

**6** Either serve the blinis in a pile for people to top as they like or, alternatively, layer up with the fillings to make stacks.

■ PER SERVING 574 cals, fat 26g, sat fat 4.5g, carbs 70.5g, sugars 13g, protein 16g, salt 3g, fibre 10g

## BABA GHANOUSH

Prick an aubergine all over and bake it in a hot oven until very soft. (You can do this a day or two in advance when you've got the oven on for something else.) When cool enough to handle, peel and mash or blend the aubergine with a squeeze of lemon, a crushed clove of garlic and 1–2 tablespoons of tahini. Season well with salt and pepper and store in the fridge.





## Fresh ideas for February

Coming up with new ideas for family meals can be a challenge, so why not take inspiration from *Meat-free Any Day*, the brilliant cookbook from *Vegetarian Living's* popular food writer Sarah Beattie. This collection of over 150 exciting recipes using seasonal ingredients includes ideas for everything from simple and budget-friendly midweek meals to lavish dishes for gatherings and special occasions, plus a range of tempting desserts and plenty of vegan recipes too. *Meat-free Any Day* is also the ideal gift for a vegetarian or vegan friend who loves to cook.

For a taste of what the book has to offer, try Sarah Beattie's tasty baked barbecued rice pudding, a hearty risotto-style dish that's perfect on its own or served with some veggie or vegan sausages!

Follow Sarah on Twitter @sarahbeattiegra

### Baked barbecued rice pudding

Almost risotto, this intensely flavoured rice dish is simply made in the oven. Best served with grated Italian hard cheese (or a dusting of Parmazano for vegans), a little goes a long way, so it's not as expensive as it might seem. If people are extra hungry, you can add some fried or grilled veggie sausages on the side.

**Serves 4 | Prep 5 mins**  
**Cook 35 mins**

1 tbsp oil  
1 onion, chopped

2 cloves garlic, chopped  
175g round rice (short-grain pudding rice)  
300ml passata  
2 tbsp balsamic vinegar (the very cheapest will do)  
2 tsp paprika  
1 tsp ground ginger  
2 tsp brown sugar  
250ml water  
150g frozen peas

- 1 Preheat the oven to 130C/fan 110C/gas 2. In a flameproof casserole, heat the oil and fry the onion and garlic until browning.
- 2 Add the rice and cook, stirring, for a couple of minutes. Add all the rest of the ingredients except the peas, seasoning well with salt and pepper. Mix well and bring to the boil.
- 3 Cover and bake in the oven for 30 minutes. Mix in the peas and return the rice to the oven for a final 5 minutes. Serve.

Recipe taken from *Meat-free Any Day* by Sarah Beattie (Select Publisher Services, £14.99).





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*Vegetarian Living* readers can buy *Meat-free Any Day* for the discount price of £9.99. To order your copy, call +44 (0)1202 586848 or order online at [www.selectps.com](http://www.selectps.com).









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# SOMETHING FOR EVERYONE

From favourites such as falafels and veggie burgers, to stew and dumplings or retro vol-au-vents, we've got family food covered.



BUTTERNUT  
SQUASH AND  
LENTIL STEW  
WITH PARSLEY  
DUMPLINGS  
.....  
PAGE 81

PHOTOGRAPH: CHAVA EICHNER



# CROWD PLEASERS

Irish TV and YouTube cooking star Donal Skehan shares easy flavour-packed dishes that everyone will love.



PHOTOGRAPH: SOFIE LARRSON

## Mini falafel box

This has to be the perfect transportable feast for a great lunch. If you're making this the night before there is no need to refrigerate the falafels – just leave them covered at room temperature. The spiced yogurt is great to have with almost anything.

### Serves 4

**Prep** 30 mins + chilling

**Cook** 25 mins

#### For the falafels:

½ small red onion, chopped  
small handful each of fresh mint and coriander leaves  
1 tbsp tahini  
zest and juice of ½ lemon  
1 tsp ground cumin  
1 tsp cayenne pepper  
1 tsp smoked paprika  
400g can chickpeas, drained and rinsed  
olive oil, for frying  
cooked bulgur wheat, to serve

#### For the shredded salad:

½ small head of red cabbage, shredded  
2 carrots, thinly sliced  
½ small red onion, very thinly sliced  
3 tbsp extra-virgin olive oil  
juice of ½ lemon  
1 tsp honey  
sea salt and freshly ground black pepper

#### For the spiced yogurt:

1 tsp each of ground coriander and cumin  
½ tsp each of ground turmeric and mustard seeds



MINI FALAFEL BOX

FOOD PHOTOGRAPHY: DONAL SKEHAN



½ tsp chilli powder  
250g natural yogurt  
1 mild red chilli, thinly sliced  
3 spring onions, thinly sliced  
Sea salt and freshly ground black pepper

**1** To make the falafel, place the red onion, mint, coriander, tahini, lemon zest and juice, cumin, cayenne and paprika in a food processor with a good pinch of salt. Pulse until finely chopped. Add the chickpeas and pulse again briefly until the chickpeas are chopped fine – you are not looking for a smooth paste but something with a bit more texture.

**2** With dampened hands, shape into 20 small balls and chill in the fridge for up to 1 hour.

**3** Heat a thin film of olive oil in a large non-stick frying pan over a medium heat and fry the falafel balls for 4–6 minutes, until golden brown all over, turning occasionally with tongs. Drain on kitchen paper.

**4** To prepare the shredded salad, place all the vegetables in a bowl. Make a quick dressing by whisking together the olive oil, lemon juice, honey and a little salt and pepper (or shake in a jar with a tight-fitting lid) and then use to dress the salad, tossing until evenly coated.

**5** To make the spiced yogurt, mix all the ingredients together in a bowl. Arrange the falafel on the bulgur wheat with a small bowl of the spiced yogurt. Serve the shredded salad alongside.

■ PER SERVING 425 cals, fat 22g, sat fat 3.5g, carbs 43.5g, sugars 14.5g, protein 15g, salt 1.9g, fibre 10g

## Mega beetroot burgers

Beetroot are easy enough to grow, and there is a huge selection of varieties and colours to choose from, such as pale pinks, candy-striped and even golden yellow. These burgers are a great way of showing them off.

**Makes 6 burgers**

**Prep 20 mins + chilling**

**Cook 20 mins**

3 tbsp olive oil  
1 red onion, finely chopped  
2 cloves garlic, crushed  
2 raw beetroot, peeled and grated  
1 courgette, grated  
2 large carrots, grated  
100g porridge oats  
400g can chickpeas, rinsed and drained  
3 tbsp tahini  
1 large free-range egg  
4 spring onions, finely sliced  
3 tbsp chopped coriander  
sea salt and freshly ground black pepper

**To serve:**

wholewheat sourdough buns, split and toasted  
hummus  
avocado slices  
beansprouts  
shredded red cabbage

**1** Heat about 1 tablespoon of the oil in a large frying pan over a medium heat. Sauté the onion and garlic for 4–5 minutes or until softened. Add the grated vegetables and cook, stirring, for about 5 minutes until softened, then drain off any liquid.

**2** Place the oats, chickpeas, tahini and egg in a food processor and pulse to combine.

Transfer the mixture to a bowl, stir through the cooked vegetables, spring onions and coriander, and season generously with salt and pepper. Form the mixture into 6 burgers and chill for about 30 minutes (or up to 24 hours).

**3** Heat the remaining oil in a non-stick frying pan over a medium heat and cook the burgers, in batches if necessary, for about 2–3 minutes on each side, until golden.

**4** Serve the burgers in toasted sourdough buns with hummus, avocado, beansprouts and red cabbage.

■ PER BURGER 550 cals, fat 28g, sat fat 4g, carbs 57.5g, sugars 7.5g, protein 17.5g, salt 1.8g, fibre 11.5g



MEGA BEETROOT BURGERS



## Coconut macaroons \*

Crunchy on the outside and chewy in the middle, a good coconut macaroon is an irresistible thing. To pimp them up, dip or drizzle the baked macaroons with melted dark chocolate.

**Makes 16 | Prep 15 mins | Cook 25 mins**

2 medium free-range egg whites  
100g golden icing sugar, sifted  
100g ground almonds  
few drops of almond extract  
100g desiccated coconut  
2 tbsp shredded coconut  
50g good quality dark chocolate, melted

**1** Preheat the oven to 150C/fan 130C/gas 2. Line 2 baking trays with parchment paper.

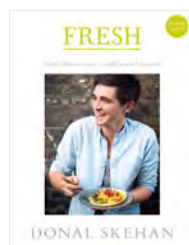
**2** Using a hand-held electric mixer, whisk the egg whites in a bowl until stiff peaks form. Lightly fold in the icing sugar. Gently stir in the ground almonds, almond extract and desiccated coconut until the mixture forms a sticky dough.

**3** Spoon heaped tablespoons of the mixture on to the lined baking trays, and shape into round mounds. Sprinkle a little shredded coconut on top of each one.

**4** Bake for 25 minutes: the outer crust should be light golden but the inside needs to be nice and soft. Leave to cool on the baking trays for 1 minute and then transfer to a wire rack and leave to cool completely.

**5** Drizzle with dark chocolate and allow to set before eating.

■ PER MACAROON 125 cals, fat 9g, sat fat 4.5g, carbs 9g, sugars 9g, protein 2.5g, salt 0g, fibre 1.5g



Recipes adapted from *Fresh* by Donal Skehan (Hodder & Stoughton, £20). Photography by Donal Skehan. Portrait of Donal and dog Max by Sofie Larrson.



COCONUT MACAROONS



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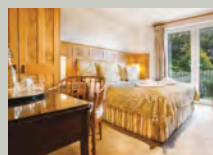
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# Home cooking with Chava

If you're dining out for Valentine's Day this year, Chava Eichner suggests spreading a little vegan love and tolerance everywhere you go.



Ah, Valentine's Day! That time for chocolate truffles and pretty bouquets. And, to top it off, perhaps a romantic meal for two? Whether at home or in a smart restaurant, letting somebody else do the cooking is always a lovely treat. But despite ever-growing demand, it can still be frustrating for vegetarians and vegans to find decent meat-free choices in restaurants. There are only so many mushroom risottos we need to eat in a lifetime!

Recently I went for a special celebration meal with three friends. We opted for a well-known Cotswold inn that prides itself on its creative menu and fresh, locally sourced ingredients. My friend even rang ahead to make sure they'd be willing and able to prepare a vegan meal. So there I was, surrounded by 400-year-old Cotswold stone, with a glass of Prosecco in hand and cosy warmth glowing from the fireplace, when our blissful relaxation was rudely interrupted as the waiter greeted me with, 'Ah, you're the awkward vegan then.' My friends looked mortified!

It was only afterwards I thought my choice of making a lighthearted joke of the situation might not have been the right thing to do. Would the (otherwise very lovely) waiter have dared to call me an 'awkward coeliac' or 'awkward Buddhist'? I doubt it somehow. The meal I was served was wonderful and it would have been such a shame to miss out on that experience. But I think it's time we realised that we do deserve – and should demand – better service. Next time, I'll write a note of thanks for the great food but also have a quiet word about staff training.

If you're taking your veggie or vegan Valentine out for dinner this year, do remember to call the restaurant in advance. And I know the chef might be busy on the night, the staff may be rushed off their feet – but your money is just as valuable as anyone else's. Let's use our best 'kind assertiveness' and make it that bit easier for the next hungry veggie who follows in our footsteps.

If you're opting to stay in, my comforting stew, retro vol-au-vents and decadent chocolate mousse are the perfect reminder that there's so much more to vegan food than the typical stir-fry and fruit salad.

*'The waiter greeted me with,  
"You're the awkward vegan then."  
My friends looked mortified!'*



## Creamy mushroom vol-au-vents

Quorn has finally brought out a vegan range and for this recipe I'm using chicken-style pieces to recreate this popular starter from the 70s. Alternatively, you can try other vegan chicken pieces, butter beans or smoked tofu instead.

**Makes 4 | Prep 10 mins | Cook 20 mins**

1 sheet ready-rolled puff pastry  
soya milk, for brushing  
1 tsp dairy-free margarine  
2 spring onions, finely sliced  
125g fresh mushrooms, finely chopped  
½ carrot, very finely chopped  
125g vegan chicken-style pieces  
¼ tsp garlic salt  
black pepper  
1 heaped tsp cornflour  
150ml dairy-free cream (oat or rice cream works best)  
1 tbsp chopped chives

**1** Preheat the oven to 220C/fan 200C/gas 7. Line a baking tray.

**2** Use a circular cutter (or heart-shaped one) to press out 8 equal shapes from the pastry sheet. Place half on the baking tray. Use a smaller circular cutter to remove the middle from the remaining pieces. Brush a little soya milk on the bottom circles on the tray, then place the 'rings' on top. Bake for 12–15 minutes, until golden brown.

**3** While the pastry is baking, melt the margarine and sauté the spring onions for 2–3 minutes. Add the mushroom, carrot and chicken-style pieces. Continue to sauté over a medium heat, stirring occasionally. Season with garlic salt and black pepper.

**4** Make a completely smooth paste with the cornflour and some of the cream. Stir the remaining cream, cornflour paste, and chives into the dish and heat until the sauce thickens. Adjust the seasoning to taste and divide the filling between your pastry cases.





**COOK'S TIP** Homemade vol-au-vent cases can sometimes turn out a bit wobbly, so if you prefer you can buy frozen ready-made cases instead.

■ PER SERVING 330 cals, fat 22g, sat fat 11g, carbs 23.5g, sugars 3.5g, protein 9.5g, salt 1.3g, fibre 5g

## govegan

**V** Look for Jus-Rol in the supermarket for your butter-free puff pastry or vol-au-vent cases.

## Butternut squash and lentil stew with parsley dumplings **V** **\***

On a cold, grey February day there's nothing better than a tasty stew with comforting dumplings. My recipe has chipotle chilli paste for some added sweet and smoky warmth!

**Serves 6 | Prep 15 mins | Cook 30 mins**

1 tbsp olive oil  
1 leek, finely chopped  
½ butternut squash, cut into 1cm cubes  
1 large clove garlic, crushed  
225g red lentils  
1 heaped tsp chipotle paste  
1 tsp sugar  
750ml vegetable stock  
salt and pepper

For the dumplings:  
75g vegetable suet  
150g self-raising flour  
generous pinch of salt  
1 tsp dried parsley  
about 110ml water

**1** Heat the oil and sauté the leek until it begins to soften. Add the squash and crushed garlic.

**2** Stir in the lentils, chipotle paste, sugar and vegetable stock. Season with lots of black pepper and sea salt. Bring the stew to a gentle boil, then let it simmer for a few minutes while you prepare the dumplings.

**3** To make the dumplings, combine the vegetable suet, flour, salt and parsley in a bowl. Add enough water to make a soft dough. It shouldn't be too firm and if it gets sticky just add a little extra flour.

**4** Place the dough on a floured surface and cut it into 8 pieces. Shape each piece into a ball and then place all the dumplings on top of the stew. Cover with a tight-fitting lid and simmer for 25 minutes.

■ PER SERVING 332 cals, fat 12g, sat fat 4.5g, carbs 46.5g, sugars 3.5g, protein 13g, salt 2.7g, fibre 6g

## Chocolate orange mousse **V**

This delightful chocolate mousse will let you forget all about egg whites or milk chocolate. For the airy light texture, I have used aquafaba – the fancy word for the liquid you get from draining tinned chickpeas!

**Serves 4 | Prep 20 mins + chilling**

100ml aquafaba (chickpea water)  
100g dark or orange-flavoured chocolate  
50ml coconut cream  
40g caster sugar  
4 tsp orange water (if using plain chocolate)  
physalis or orange pieces, for decoration  
icing sugar, for dusting

**1** Use a hand whisk or blender to whisk the chickpea liquid until it forms stiff peaks, about 10–12 minutes. It will look very similar to whipped egg whites.

**2** Place the chocolate, coconut cream and sugar in a bowl and heat over a pan of barely simmering water. If you are using plain chocolate, add the orange water as well. Stir occasionally, until the chocolate has melted and everything is well combined.

**3** Very gently begin to fold the chocolate mixture into the whisked aquafaba. Don't beat vigorously as you want to keep lots of air bubbles for an extra-light mousse. When everything is well combined, scoop the mousse into pretty ramekins or espresso cups. Place in the fridge and chill for 6 hours.

**4** Serve with a physalis and a light dusting of icing sugar.

**COOK'S TIP** I find Tesco's own-brand organic chickpeas (in a Tetra pack) have whipped up particularly well, but any type of tinned chickpea will work fine.

■ PER SERVING 234 cals, fat 11.5g, sat fat 8g, carbs 31.5g, sugars 31.5g, protein 2g, salt 0.5g, fibre 1g

## govegan

**V** Always check the labelling on your bars of chocolate to ensure they are completely dairy-free.

## ABOUT CHAVA

Chava Eichner is a freelance food writer and photographer who passionately creates for Viva!, Animal Aid and National Vegetarian Week, among many others. She lives in the Cotswolds with her partner David and two young boys, Sam (8) and Alex (6). Visit her website and blog to find more mouth-watering food inspiration at [www.flavourphotos.com](http://www.flavourphotos.com).

FOLLOW ON TWITTER @flavourphotos



# Hurrah for the holidays!

## The secret life of butterflies

VISIT

Butterfly enthusiasts of all ages will be thrilled by the sight of hundreds of exotic butterflies fluttering around the glasshouse at the Royal Horticultural Society's Garden at Wisley, Surrey, as the jungle comes alive with 40 different types of butterflies from 16 January until 6 March.

Varieties on show include the striking blue morpho, giant owl, king swallowtail and colourful Malay lacewing, while the tree ferns, tall palms, lush-leaved creepers and dazzling flower displays of the glasshouse provide an exciting and dramatic backdrop.

Bred at the Stratford Butterfly Farm, the butterflies are brought in to the glasshouse at the pupae stage, and carefully attached to canes with safe glue to emulate their natural habitat, where they hang from small branches attached by silk.

Peter Jones, glasshouse team leader, said: 'We keep them in a special emerging cage called a puparium, which offers high temperature and humidity. As the butterflies emerge they hang on the cane to dry out their wings, and then we release them into the glasshouse to fly and feed.'



PHOTOGRAPH: RHS

During half term, there will be a range of family activities on offer every day exploring the secret life of insects, with the chance to discover how pollinating insects such as bees, ants and butterflies, eat, move and live.

● You can beat the queues and pre-book a time slot for weekends and half term at [www.rhs.org.uk/wisley](http://www.rhs.org.uk/wisley).

## IN THE PINK

COOK

There's no better way to say 'I love you' than with home-baked treats. Young ones will enjoy cutting out and decorating these pretty heart biscuits – perfect to give to a special someone...

### Lemon and vanilla yogurt hearts with fondant icing

Makes 20 cookies | Prep 35 mins  
Cook 10 mins

200g plain flour  
pinch of salt  
seeds from 1 vanilla pod  
1 tsp finely grated lemon zest  
90g butter  
50ml thick plain yogurt

For the fondant icing:  
175g fondant icing sugar  
red food colouring

**1** Preheat the oven to 180C/fan 160C/gas 4. Line 2 baking sheets with baking parchment.  
**2** Put the flour and salt into a large mixing bowl and add the vanilla seeds and lemon zest. Mix well. Rub in the butter until it is thoroughly incorporated. Stir in the yogurt and bring the mixture together to form a soft dough.  
**3** On a clean, lightly floured work surface, roll the dough out into a large rectangle about 4mm thick. Cut out biscuits using an assortment of heart-shaped cutters and arrange on the prepared baking sheets, leaving a little space for spreading between each one. Bring the trimmed dough together and roll out again to cut as many hearts out



of the dough as possible. Arrange on the baking sheets with the other cookies.

**4** Bake in the preheated oven for about 10 minutes, until golden and firm. Remove from the oven and transfer to a wire rack to cool.

**5** Mix 100g of the fondant icing sugar with enough water and food colouring to create a fairly thick paste, making sure it is a pretty delicate pink and not too Barbie pink, and decorate the biscuits by creating a heart shape a little smaller than the shape of the biscuit, leaving a small border (you could use a piping bag for this or simply spread with a palette knife).

**6** Mix the remaining fondant icing sugar with enough water to make a thick paste and pipe little white dots to create a pretty outline around the pink sugar icing. Leave to set.

**7** Store between layers of baking parchment in an airtight container or cookie jar and eat within 3 days.

**COOK'S TIP** Fondant icing sugar is available from large supermarkets and specialist cake decorating shops, but you could also use the ready-to-roll fondant icing and simply knead in a drop or two of food colouring before rolling out. Remember to check that your red food colouring is veggie-friendly.

■ PER BISCUIT 105 cals, fat 4g, sat fat 2.5g, carbs 16.5g, sugars 9g, protein 1g, salt 0.2g, fibre 0.5g



PHOTOGRAPH: KATE WHITAKER

Recipe adapted from *The Cookie Jar* by Liz Franklin (Ryland Peters & Small, £16.99). Photography by Kate Whitaker.

READER OFFER

**BISCUIT BONANZA!**  
Vegetarian Living readers can pick up a copy of *The Cookie Jar* for just £11.99, including p&p, by calling 01256 302699 and quoting ref GLR EB7.







PHOTOGRAPH: LINDA MABY

## FIND THE SNOW DRAGON

12-21 FEBRUARY

The sight of snowdrops is guaranteed to brighten up a grey winter's day and a whole festival is being devoted to them in Dorset during February. Residents and visitors to the ancient hilltop town of Shaftesbury will be celebrating their fourth annual Snowdrop Festival, with events ranging from exhibitions and photography workshops to craft and art sessions for children.

These small white flowers have been a special feature of this North Dorset town since 2012, when volunteers first began planting snowdrops as a tribute to the Queen's Diamond Jubilee. Originally the aim was to plant 60,000 bulbs, but more than 200,000 have been planted to date.

Festival-goers can walk the numerous Snowdrop Trails around the town (including an easily accessible route for pushchairs and wheelchairs), see rare snowdrop varieties and visit a number of special open gardens, while children can take part in a Wild Goose Chase with a chocolate goose prize! The festival will conclude with a spectacular illuminated parade, carrying snowdrop lanterns up the town's famous Gold Hill for festivities, plus a chance to meet Shaftesbury's legendary snow dragon!

[www.shaftesburysnowdrops.org](http://www.shaftesburysnowdrops.org)

## GO ON A BEAR HUNT

UNTIL 10 APRIL

The Discover Story Centre on Stratford High Street in Newham, London, is hosting Michael Rosen's Bear Hunt, Chocolate Cake and Bad Things until 10 April, an immersive exhibition for children up to 11, based on Rosen's classic book, *We're All Going on a Bear Hunt*. Children can step inside a huge chocolate cake, discover a secret larder, swishy swashy their way through a Bear Hunt and explore Bad Things in the Dread Shed. Younger children can participate in a Bear Hunt Trail, while older children can go on a fun fact-finding mission and create poems of their own to take away.

[www.discover.org.uk](http://www.discover.org.uk)



PHOTOGRAPHS: DISCOVER ANDREW BAKER



## GO ON A BUG SAFARI

13-21 FEBRUARY

Small game hunters are wanted at English Heritage's Belsay Castle and Gardens in Northumberland. Grab a magnifying glass and join a Victorian explorer hunt through Belsay Hall's Quarry Garden for some mini beasts – peer into the undergrowth, unearth insects and encounter gruesome bugs. Discover the secret life of our creepy friends and create your own to take home.

[www.english-heritage.org.uk](http://www.english-heritage.org.uk)



## WISH ON A BONFIRE

13-21 FEBRUARY

BeWILDerwood, the award-winning forest of fun and family treehouse adventure at Hoveton in Norfolk, is hosting a magical Boggle Wish Bonfire experience. Children are invited to wrap their wish around a pine cone, close their eyes and blow on it three times, then roll it into the fire and the smoke will drift away into the trees. The Twiggles will listen to wishes from their treehouses, as the smoke swirls by and maybe they'll come true... Kids can also find the wishes around the forest and match them to their favourite BeWILDerwood characters to win a prize!

[www.bewilderwood.co.uk](http://www.bewilderwood.co.uk)



## BE BEAR GRYLLS FOR A DAY

12 FEBRUARY

Join survival experts in Leigh Woods, Bristol, for a Family Woodland Survival Day, a fun-packed day of lighting fires, building dens and cooking over open flames. You're sure to be a fledgling Bear Grylls by the time you're finished! Just a short hop away from Bristol city centre, Leigh Woods is a beautifully diverse woodland brimming with wildlife and you can check out the views over Avon Gorge and the Clifton Suspension Bridge while you're there.

[www.nationaltrust.org.uk/leigh-woods](http://www.nationaltrust.org.uk/leigh-woods)



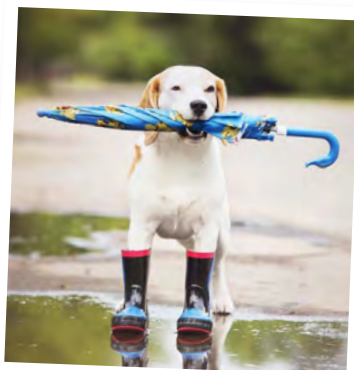
PHOTOGRAPH: © NATIONAL TRUST IMAGES

## MAKE A BIG SPLASH

13-21 FEBRUARY

WWT Slimbridge Wetland Centre in Gloucestershire is playing host to the southwest's Puddle Jumping Championships. This event will be fun for everyone – all you have to do is wrap up warm, grab your wellies and jump into puddles for a chance to win prizes. Puddles will be available around the grounds all day for essential practice before the competition starts!

[www.wwt.org.uk](http://www.wwt.org.uk)



PHOTOGRAPH: WWW.SHUTTERSTOCK.COM





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natural beauty



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and online - [www.benecos.uk](http://www.benecos.uk)







PHOTOGRAPH: ADRIAN LAWRENCE

LENTIL  
MOUSSAKA  
.....  
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# MINDFUL MEALS

**Eating healthily doesn't have to mean going hungry with hearty, filling dishes that the whole family can enjoy together.**



*Lighter eating doesn't mean going hungry! Sarah Wilkinson's delicious dishes prove that comfort food can be nutritious and satisfying too.*

# Naturally nourishing



CAULIFLOWER,  
BUTTER BEAN AND  
LENTIL CURRY



## Cauliflower, butter bean and lentil curry 🌱\*

I love this recipe as it requires no additional fats and can be served with either mashed potato or brown basmati rice.

**Serves 4 | Prep 10 mins | Cook 30 mins**

400g can chopped tomatoes  
1 red onion, sliced  
1 clove garlic, finely chopped  
1 tsp ground turmeric  
1 tsp cumin seeds  
1 tsp ground cumin  
75g brown lentils  
1 tsp garam masala  
1 tsp ground coriander  
½ cauliflower, chopped (including any leaves)  
4 tbsp pumpkin seeds, to garnish  
400g can butter beans, drained  
2 large handfuls of parsley, chopped, plus extra to garnish  
sea salt and freshly ground black pepper

**1** Place the chopped tomatoes in a large pan with the onion, garlic, turmeric, cumin seeds and ground cumin. Stir well and bring to the boil, then simmer for 3 minutes.

**2** Rinse the lentils, then add to the tomato mixture along with the garam masala, ground coriander, cauliflower and 450ml water. Cover and bring to the boil, then reduce the heat and simmer for 20 minutes, stirring occasionally. If serving with potatoes or rice, prepare and cook these while the curry is cooking.

**3** To toast the pumpkin seeds, preheat the oven to 180C/fan 160C/gas 4. Place the pumpkin seeds on a baking sheet and toast in the oven for 5-7 minutes, turning them halfway through. Remove from the oven and leave to cool.

**4** After 20 minutes, add the butter beans and chopped parsley to the curry, season with salt and pepper, then simmer for a further 5 minutes.

**5** Serve on warmed plates, garnished with the toasted pumpkin seeds and parsley leaves.

■ PER SERVING 240 cals, fat 7g, sat fat 1g, carbs 30g, sugars 8.5g, protein 14.5g, salt 1g, fibre 9g

## Bean feast chilli 🌱\*

A traditional chilli is one of those all-time classics that works very well as a wholesome vegan dish. I decided to use adzuki beans alongside the black beans as they are low in fat, full of protein and soluble fibre, and help to lower harmful LDL cholesterol.

**Serves 4 | Prep 10 mins | Cook 1 hr 20 mins**

**185g dried adzuki beans, soaked overnight in cold water and drained**



BEAN FEAST CHILLI

**180g dried black turtle beans, soaked overnight in cold water and drained**  
**2 tbsp cold-pressed rapeseed oil**  
**1 red onion, sliced**  
**2 cloves garlic, sliced**  
**1 red chilli, finely chopped**  
**1 green pepper, diced**  
**1 yellow pepper, diced**  
**100g fresh shiitake mushrooms, sliced**  
**1 tsp ground cinnamon**  
**1 tsp cumin seeds**  
**¼ tsp cayenne pepper**  
**2 x 400g cans chopped tomatoes**  
**bunch of coriander, chopped**  
**320g brown basmati rice**  
**sea salt and freshly ground black pepper**

**To garnish:**

**1 lime, cut into wedges**  
**4 tsp chia seeds**  
**2 avocados, chopped (optional)**

**1** Rinse the soaked adzuki and black beans separately in fresh cold water. Place in separate pans of water and boil for 15 minutes,

then cover and simmer for 30 minutes. Drain and set the beans aside.

**2** Warm the oil in a large saucepan, add the onion and garlic, and sweat for 5 minutes. Add the chilli to the pan, stir through, and sweat for a further 5 minutes.

**3** Add the peppers and mushrooms to the pan with the spices and stir thoroughly for 2-3 minutes over a medium heat. Add the tomatoes, beans, and coriander. Simmer for 20 minutes, adding salt and pepper to taste.

**4** Meanwhile, rinse the rice. Place in a medium-size pan with 950ml water and a pinch of salt and cover with a lid. Bring to the boil, then simmer for 25 minutes until all the water has been absorbed.

**5** Serve the rice and chilli on warmed plates. Add lime wedges, scatter with the chia seeds, and serve with the chopped avocado on the side, if using. Also good with warm pitta bread.

■ PER SERVING 797 cals, fat 25g, sat fat 4.5g, carbs 112g, sugars 15g, protein 33g, salt 1.1g, fibre 30.5g



## Lentil moussaka V\*

A great favourite of mine, even back in the days when I still ate meat.

**Serves 6 | Prep 15 mins**

**Cook 1 hr 45 mins**

100g brown lentils  
50g green lentils  
2 tbsp rapeseed oil  
1 onion, chopped  
2 cloves garlic, chopped  
2 tbsp dried oregano  
½ tsp ground cinnamon  
400g can chopped tomatoes  
1 large potato, peeled and sliced  
1 aubergine, sliced lengthwise  
1 courgette, sliced lengthwise

**For the béchamel sauce:**

50g dairy-free margarine  
50g brown rice flour  
1½ tbsp tapioca flour  
400ml unsweetened plant-based milk  
1 tsp ground nutmeg  
salt and freshly ground black pepper

**1** Preheat the oven to 180C/fan 160C/gas 4.

**2** Rinse the lentils, then bring to the boil in a pan of water, cover, and simmer for 20 minutes. Drain and set aside.

**3** Heat the oil in a large pan. Add the onion, garlic, oregano and cinnamon and sauté over a low heat for 5 minutes, then add the canned tomatoes and the lentils and heat gently for 20 minutes until the juices reduce and the sauce has a thicker consistency.

**4** Prepare the béchamel sauce. Melt the margarine in a small non-stick pan, add both flours, and stir to combine. Gradually whisk in the milk and nutmeg over a low heat. Stir until a thick sauce is formed, season with salt and pepper, and remove from the heat.

**5** Blanch the potato in a pan of boiling water for a few minutes. Drain and set aside in a bowl of fresh water.

**6** Cook the aubergine and courgette slices on a griddle, then set aside.

**7** Drain the blanched potato. Place half the tomato/lentil mixture in the base of an ovenproof dish approximately 22cm square and 6cm deep, then layer the aubergine on top, followed by the courgette, the remaining tomato/lentils, and the sliced potato. Pour the béchamel sauce over the top to form a thick layer.

**8** Bake in the centre of the preheated oven for 50–60 minutes (cover the top with foil if it browns too quickly).

■ PER SERVING 296 cals, fat 11.5g, sat fat 2g, carbs 38.5g, sugars 6.5g, protein 11g, salt 1.1g, fibre 8g



LENTIL MOUSSAKA

## Rhubarb fool with ginger crunch V

This dessert slips down a treat, and the ginger and lemon combination gives it a lovely kick. Deceptively filling, a little goes a long way.

**Serves 4 | Prep 10 mins | Cook 30 mins**

**For the fool:**

600g rhubarb  
1 tbsp grated fresh ginger  
zest of 1 unwaxed lemon  
juice of ½ lemon  
110g xylitol  
250g unsweetened soya yogurt or coconut yogurt

**For the topping:**

170g gluten-free oats  
100g mixed seeds  
3½ tbsp coconut oil, melted and at room temperature  
2½ tbsp maple syrup  
1 tsp ground ginger

**1** Preheat the oven to 200C/fan 180C/gas 6.

**2** Chop the rhubarb into 2cm slices. Place in a saucepan with the grated ginger, lemon zest and juice, and 5 tablespoons of the xylitol. Bring to a simmer, then cook for 10–15 minutes until the mixture cooks down to a purée, stirring occasionally.

**3** Once the mixture has reached the purée stage, remove from the heat, add the

remaining xylitol, and stir well. Tip the purée into a bowl, cover, and leave to cool in the fridge while preparing the topping.

**4** To make the topping, place all the ingredients in a bowl and mix together well. Spread the mixture out on a non-stick baking sheet. Place in the preheated oven for 10–15 minutes until golden brown, turning halfway through, then set aside to cool.

**5** Add the yogurt to the bowl of cooled purée, folding it together until fully combined. Serve in glass dessert bowls, sprinkled with the crunchy topping.

**COOK'S TIP** If you have any of the topping left, it makes a great breakfast granola.

■ PER SERVING 539 cals, fat 25g, sat fat 10.5g, carbs 58g, sugars 18g, protein 15g, salt 0.2g, fibre 8g

## govegan

**V** If opting for the coconut yogurt, ensure you've chosen one with a vegan coconut base as opposed to a coconut-flavoured dairy yogurt.



Recipes adapted from *The Chakra Kitchen* by Sarah Wilkinson (CICO, £14.99). Photography by Adrian Lawrence.





RHUBARB  
FOOL WITH  
GINGER  
CRUNCH





## How to... Make nut butter

Making nut butter at home is completely straightforward, quick and easy – and it means you have complete control over the quality of the ingredients. You can roast your nuts and seeds first (this step is optional), and of course, you can make your own bespoke mixtures of different nuts or seeds, or a combination of the two. If you want extra ingredients for flavour or for extra goodness, you can add sea salt, honey or coconut oil as you wish. All you need is a food processor.

### BASIC RECIPE

#### Almond butter

Makes 2–3 jars

500g almonds, with or without the skins  
1 tsp sea salt

#### Roast the nuts

Preheat the oven to 190C/fan 170C/gas 5. Spread the almonds out on a baking sheet in a single layer. Roast for 8–9 minutes and watch them carefully. You want a slightly coloured nut with a sweet aroma. Any sign of burning is a disaster and you'll have to feed the nuts to the birds. Always

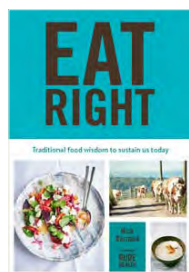
roast less rather than more. Allow the almonds to cool until warm to the touch before processing.

#### Make the butter

Throw the almonds into the processor and start the machine. Within a minute or two you will have finely broken almonds. Continue to process; after another 4 minutes or so the oil from the almonds will be fully released and you will create a creamy paste. It may take longer – up to 15 minutes – depending on the freshness and nature of the nuts. Once the paste is as creamy as you like, add the salt and pulse to integrate. Taste.

#### Store for use

Keep in a jar or container with a tight-fitting lid. The butter will keep for months in the fridge.



Recipe adapted from *Eat Right* by Nick Barnard (Kyle Books, £25). Photography by Jenny Zarins.



*Delicious on hot toast*

#### CASHEWS OR PEANUTS?

Follow the same instructions using cashews or peanuts.

#### CRUNCHY OR SMOOTH?

If you like your nut butter crunchy, reserve some nuts before processing them, chop these nuts to any size you like, then mix into your butter before you transfer it to your storage jar.

#### SKINS OR NOT?

The butter will be darker if you leave the skins on, but the tannins in the skin are not so easy to digest.

#### MIXED BUTTERS

Try mixtures of your own, with or without salt, crunchy or smooth, roasted or not. How about:

- Almonds, cashews and sunflower seeds
- Cashews, almonds, brazil nuts, chia and pumpkin seeds
- Peanuts, cashews, almonds, sunflower and flax seeds

#### SPECIAL TREAT

For a decadent version, break up some dark chocolate (at least 70% cocoa solids) into slivers or crumbs, and add this to your mixture at the end.

OTHER IDEAS





*'Dairy-free and packed full of protein, nut butters make an easy and nutritious spread'*

## GET THE GADGET

If you plan to make your own nut butter regularly, a high-speed blender will help you achieve the smoothest texture – plus it's a handy tool for a range of kitchen tasks.

### Slowstar Vertical Juicer

As its name suggests, this versatile juicer slowly crushes fruits and vegetables at a gentle 47 rpm, greatly reducing oxidation for a better-tasting, longer-lasting, nutrient-rich juice. If you swap to the mincing attachment the Slowstar becomes a multipurpose tool, ideal for making everything from natural nut butters to raw protein bars and fruit sorbets.



£299 from [www.tribest.co.uk](http://www.tribest.co.uk)

### Froothie Optimum 9400

A serious blender with a powerful industrial-standard high-speed motor, so not only is it perfect for making super-smooth blends from hard veggies such as carrots or even whizzing up smoothies with ice, it also makes instant ice cream from fruit and can even make hot soups through friction heat. This clever gadget can also make nut butters from just nuts, so no added ingredients required.



£399 from [www.froothie.co.uk](http://www.froothie.co.uk)

### Braun Identity Jug Blender

A budget-friendly option, which is designed to blend everything from sauces and soups to icy drinks and more. The intelligent preset programmes help you select the perfect speed and timing for a wide range of recipes.



£99.99 from [www.argos.co.uk](http://www.argos.co.uk)



# Save our skin

BY SARA NIVEN, BEAUTY EDITOR



Cold, winds and central heating all take their toll on our skin at this time of year. Fight off the elements with our pick of face-saving products!



## Green People Vita Min Mask

A revitalising, certified organic, vegan-friendly mask for all skin types with an uplifting mandarin and bergamot oil fragrance. Enriched with vitamins, minerals and nutrients, plus antioxidants to protect against cell damage, use this as often as you like or whenever your skin needs an extra boost.

£15.95 from [www.greenpeople.co.uk](http://www.greenpeople.co.uk)

## Weleda Soothing Almond Facial Oil

Keep it simple if you're sensitive, with this soothing and nourishing oil, which comes from a range especially designed for easily irritated skins. It can be used alone or under your usual moisturiser to protect against the elements. It also makes a lovely facial massage oil.

£15.95 from [www.weleda.co.uk](http://www.weleda.co.uk)

## Akoma Skincare Shea Million

A skincare product with a difference – this organic shea butter is produced to a food-grade standard rather than just a cosmetic one, so you can even eat it! It will leave you with silky soft skin and you can use it as an intensive hair conditioner too. Akoma products also help others through their Fairtrade cooperative in Ghana.

Prices start from £5.18, from [www.natreco.com](http://www.natreco.com)

## The Jojoba Company Intense Overnight Renewal Cream

This restorative, luxurious cream contains a host of antioxidants and vitamin A and E to protect skin from the drying effects of the environment, while reducing the appearance of wrinkles and plumping the skin. It is vegan-friendly, free from artificial fragrances, parabens, SLS and chemicals.

£34.99 from [www.one-way2naturalhealth.com](http://www.one-way2naturalhealth.com) or Holland & Barrett

## Rockface All Weather Moisturiser

One for the guys. The veggie-friendly Rockface range includes this skin protector with guarana to energise the skin and antioxidants to reduce UV impact. There's also a Hydrating Shave Butter and soothing Post Shave Balm to keep up the good work. Prices for the range start from £2.99.

All Weather Moisturiser, £5.49, from [www.rockface4men.co.uk](http://www.rockface4men.co.uk)

**Disclaimer:** *Vegetarian Living* only features products that are entirely vegetarian and/or vegan in formulation. The magazine also requests an assurance that the product and ingredients within it are not tested on animals and the company does not carry out or fund animal testing either in the UK or overseas. However formulations can change and policies can vary so we would advise checking directly with the companies if you have any concerns.





## NEW & NATURAL

Urban Veda is a new face and body range certified by the Vegetarian Society, which has four sets of products to suit different skin types. All the products are free from parabens, artificial colours, SLS or GM ingredients, while the packaging is made from recycled plastic and FSC-certified card. Prices range from £9.99 to £19.99 and can be bought direct from [www.urbanveda.co.uk](http://www.urbanveda.co.uk) or at Holland & Barrett.

### WIN A GOODIE BAG FROM URBAN VEDA

We have four complete sets of each Urban Veda range to give away, worth £120! Each prize includes a facial wash, facial polish, toner, day cream, night cream, body wash, body scrub and body lotion. To enter, go to [www.vegetarianliving.co.uk/offers.php](http://www.vegetarianliving.co.uk/offers.php). competition closes midday 10 February 2016.



## LUSCIOUS LIPS

Lips are the first to suffer in cold weather, so a balm is a winter essential. The Hurraw! range is vegan-friendly, made from raw, organic and Fairtrade ingredients with loads of options too – choose from Coconut, Green Tea and Chocolate, or tinted balms that smell of Black Cherry or Cinnamon, all at £3.99. Online stockists include [www.mypure.co.uk](http://www.mypure.co.uk).



## ASK THE BEAUTY EDITOR

### SAVE OR SPLURGE?

**Are expensive beauty products always more effective than cheaper brands?**

I'm often asked if high-end beauty products are worth the outlay, particularly at this time of year when people can feel their skin needs extra help. I've been lucky enough to try out a few very luxurious brands – including a recent product from the new Swiss-made natural skincare range Ananné ([www.ananne.co.uk](http://www.ananne.co.uk)), which is certified by the Vegan Society. Prices start at £18 and go up to £130 for the Nectar Cutis Serum which I sampled. This lightly scented and easily absorbed oil has definitely given my dry skin a boost, but I will be making the most of every last drop as it doesn't fall within my personal beauty budget!

If you do want to invest in something a little more special, I would recommend the Neal's Yard Remedies Frankincense range, which includes an Intense Concentrate at £65, cream at £55 and a newly launched eye cream at £45.

However, I'm not always blown away by pricier products and am often pleasantly surprised by the quality of relatively inexpensive ones. Award-winning vegan-friendly organic company MuLondon's shea butter-based moisturisers are great for dry skin, last ages and are good value at £15 ([www.mulondon.com](http://www.mulondon.com)).

If organic isn't a concern and your budget is tight, Superdrug's own beauty range is cruelty-free, vegan-friendly and includes a Clearly Youthful Resurfacing Night Serum at just £6.99.

Another to consider is Nsapa's Beauty Rituals range, which launched at ASDA last year. I'm currently using their Moisture Boosting Body Butter (£5), and the Skin Glow Mud Mask (£7) is great if you're prone to breakouts.

If budget is a factor, I'd recommend spending more on day and night facial creams and a decent foundation with light-reflecting properties and SPF, and try budget brands for extras such as hand and body creams and other make-up. However,



whether you spend £6 or £106, if the products suit your skin type, you can still have an effective beauty routine and see the benefits.



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Additional images courtesy of Shutterstock

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subscription details)

### Published by

Select Publisher Services  
PO Box 6337  
Bournemouth BH1 9EH  
t. +44 (0)1202 586848

### Printed by

Precision Colour Printing  
Haldane, Halesfield 1  
Telford, Shropshire TF7 4QQ  
t. +44 (0)1952 585585

[www.vegetarianliving.co.uk](http://www.vegetarianliving.co.uk)

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PHOTOGRAPH: MICHAEL DANNENBERG

## Street food suppers

MARCH ISSUE, ON SALE 11 FEBRUARY

## USEFUL CONVERSIONS

Use these handy conversion guides to help you out in the kitchen. For readers in Australia or the USA who prefer to use cup measurements, try an online converter, like the user-friendly calculator at [www.theonlineconverter.co.uk](http://www.theonlineconverter.co.uk).

### WEIGHT

10g	1/4oz	700g	1lb 9oz
25g	1oz	800g	1lb 12oz
50g	1 1/4oz	900g	2lb
75g	2 3/4oz	1kg	2lb 4oz
100g	3oz		
125g	4 1/2oz		
150g	5 1/2oz		
175g	6oz		
200g	7oz		
225g	8oz		
250g	9oz		
275g	9 3/4oz		
300g	10 1/2oz		
325g	11 1/2oz		
350g	12oz		
375g	13oz		
400g	14oz		
425g	15oz		
450g	1lb		
500g	1lb 20z		
600g	1lb 5oz		



### OVEN TEMPERATURES

Celsius	Fahrenheit	Gas mark
110	225	1/4
130	250	1/2
140	275	1
150	300	2
170	325	3
180	350	4
190	375	5
200	400	6
220	425	7
230	455	8

### VOLUME

30ml	1fl oz
50ml	2fl oz
100ml	3 1/2fl oz
125ml	4fl oz
150ml	5fl oz (1/4 pint)
175ml	6fl oz
200ml	7fl oz
300ml	10fl oz (1/2 pint)
400ml	14fl oz
500ml	18fl oz
600ml	1 pint
700ml	1 1/4 pints
850ml	1 1/2 pints
1 litre	1 3/4 pints
1.2 litres	2 pints

SOURCE: Guild of Food Writers



## SHOWER SENSATIONS

Refresh your senses with Faith in Nature's brand-new Watermelon range, including shampoo, conditioner, and shower gel and bath foam. Packed with juicy watermelon aromas, the range is made with 100% natural fragrance and organic watermelon extract, and the naturally fruity scent will leave you feeling fresh and revitalised.

● Shampoo and conditioner £5.50, shower gel £5.60, available in all good health stores and online at [www.faithinnature.co.uk](http://www.faithinnature.co.uk).



## LOVE YOUR LAUNDRY

Ecozone Ecoballs are an environmentally friendly alternative to traditional liquid or powder laundry detergents. The Ecoballs can be used for up to 1,000 washes, which works out cheaper than 3p a load! Ecoballs are fully hypoallergenic, so perfect for sensitive skin, and are certified cruelty-free too.

● Ecozone Ecoballs £14.57 (RRP £19.99) for pack of three from [www.ethicalsuperstore.com](http://www.ethicalsuperstore.com). Enter code X2VEGO at the online checkout and get £2 off your order (offer closes 31 March 2016).



## CACAO GOODNESS

One or two spoonfuls of the Raw Chocolate Company's Fairtrade and organic raw cacao powder can quickly transform many recipes into healthy vegan chocolate treats, including smoothies, cakes and desserts. The raw cacao beans are extracted in a cold-pressing process, creating a silky smooth delicious cacao powder that is 100% organic and caffeine-free.

● £4.99 from [www.ethicalsuperstore.com](http://www.ethicalsuperstore.com). Enter code X2VEGO at the online checkout and get £2 off your order (offer closes 31 March 2016).



# THE ESSENTIAL COLLECTION

*A shopping guide to the latest products for your vegetarian or vegan lifestyle...*

## SUPER SEEDS

This pure vegan-friendly oil is produced from 100% organically grown pumpkin seeds, which have been cold-pressed to ensure maximum nutrients are retained in the final product. Pumpkin seed oil contains both polyunsaturated and monounsaturated fatty acids (omega-6 and 9 EFAs) which may help to reduce cholesterol and incidence of heart disease, plus it's also rich in vitamins A and E, which have many other benefits for natural beauty and wellbeing. The oil can be applied topically to skin, or added to food in salad dressings or drizzled on to breakfast cereals – or simply take on its own by the spoonful.

● Granovita Organic Pumpkin Oil, £9.99 from [shop.granovita.co.uk](http://shop.granovita.co.uk).

## NURTURED BY NATURE

Pamper yourself the natural way with Green People's Nurture Body Lotion, a gorgeous moisturising product that will treat your skin to a burst of natural hydrating ingredients, leaving both hands and body silky smooth.

Rich in omega-3 and 6 essential fatty acids, this lotion is packed with nutrients to help soothe, hydrate, balance and restore skin suppleness and elasticity, including ingredients such as shea butter and evening primrose.

Fragranced with the luxurious aromas of rose geranium, bergamot, ylang-ylang and mandarin, the cruelty-free formulation is made without parabens, lanolin, alcohol, artificial perfumes, petrochemicals, phthalates and colourants to bring you the purest body lotion that nature can offer.

● £21 from [www.greenpeople.co.uk](http://www.greenpeople.co.uk).

## CLEANSE & TONE

What better way to treat your skin during winter than with this trio of cleansers and toners from Handmade Naturals? Their organic rosehip oil is excellent value and is complemented by an award-winning cleansing oil and a new organic tea tree and aloe vera toner. All Handmade Naturals products are 100% natural and certified cruelty-free.

● Available at [www.handmadenaturals.co.uk](http://www.handmadenaturals.co.uk) or call 01270 877516.





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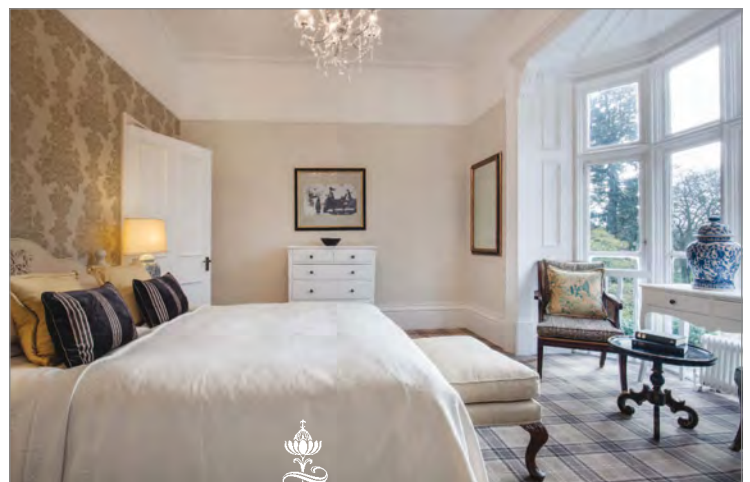
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Alex Bourke of Vegetarian Guides explores the world's most vegan-friendly city.



## LOS ANGELES

LA is big, American-size big, with 200 vegetarian restaurants all over town, half of them vegan. Stay near the ocean in Santa Monica and take the Big Blue Bus for a dollar, or rideshare with Uber or Lyft to the skaters and posers of Muscle Beach, tour celeb hangouts in Hollywood and Beverly Hills, and be a big kid again at Disneyland. Plant-based dining possibilities are, as Californians say, 'like totally awesome', from waffles and pancakes at brunch to cutting-edge raw, via Mexican, Italian, Ethiopian, Indian, all kinds of Oriental, and even Peruvian.

Teens and reluctant veggies love the fun, relaxed experience of **Veggie Grill**, a West Coast chain of vegan restaurants with 16 branches across LA focused on fake meat fast food. Try buffalo wings, cheeseburgers, a smoky bacon tempeh sandwich, 'fish' or 'chicken' tacos, 'crab' cakes and sweet potato fries. There are also healthy dishes like salads or the Bombay Bowl of herb-roasted veggies, grains, steamed kale, cannellini beans and green curry sauce with almonds and hemp seeds.



At **Real Food Daily**, five blocks from Santa Monica pier amusement park, everything is organic and made from scratch in a fusion of macrobiotics with American. Weekender brunch is a must with fat pancakes, tempeh bacon, scrambled tofu, hash browns, tomatoes and onion. The legendary lasagne Napoletana comes with creamy cashew ricotta, spinach and crimini mushrooms. They also serve tacos and burritos, or assemble a Real Food Meal with your choice of plant-based protein, steamed veggies, grains and sauce. Fantastic desserts include chocolate fudge cake.

**Crossroads**, among the fashion boutiques of the West Hollywood Design District, is the celebs' favourite vegan restaurant, a memorable treat



if you can splurge \$55-\$75 each. Share several exquisite Mediterranean tapas-style dishes, such as authentic tasting artichoke 'oysters' with yellow tomato Béarnaise and kelp caviar, spicy meatball almond ricotta pizza, porcini-crusted eggplant and 'crab' cakes. And where else could you finish with pumpkin tiramisu?



### Also recommended...

- Elegant **Shojin**, on the third floor of Little Tokyo shopping centre, serves exquisite sushi, salads, ramen noodles and seitan steaks.
- **Whole Foods Market** superstores have everything for self-caterers, plus prepared foods to-go, salad bars, coffee bars and cafés.
- **Rawvolution** is a chilled out hipster café near the beach, creating astonishing raw versions of mainstream dishes like Mexican pizza or burgers, and raw cacao desserts.



- **Vromage** vegan cheese shop on Sunset Boulevard manufactures an incredible variety of French-style nut cheeses, plus sandwiches and pizza.

### NEED TO KNOW

#### Veggie Grill

[www.veggiegrill.com](http://www.veggiegrill.com)

#### Real Food Daily

[www.realfood.com](http://www.realfood.com)

#### Crossroads

[www.crossroadskitchen.com](http://www.crossroadskitchen.com)

#### Shojin

[www.theshojin.com](http://www.theshojin.com)

#### Whole Foods Market

[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

#### Rawvolution

[www.rawvolution.com](http://www.rawvolution.com)

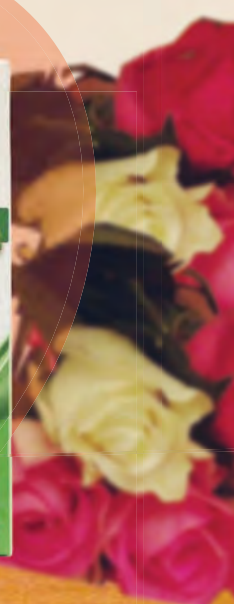
#### Vromage

[www.vromage.com](http://www.vromage.com)

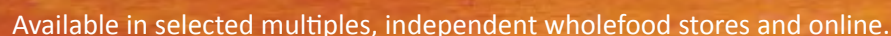
### ABOUT ALEX

Alex Bourke is the publisher of Vegetarian Guides to London, the British Isles and Paris. Visit his website at [www.vegetarian.travel](http://www.vegetarian.travel) for book extracts, links to veggie travel websites for many countries, and a calendar of vegan festivals.





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